

TEST

Close your eyes or resting your gaze lightly downwards and we are going to go through the 4 steps of TEST:

T: *Take a moment to pause. Notice how you are feeling in your body. Are there any messages or signals from your body that you are feeling a little nervous or tense? Gently remind yourself that everyone feels a bit nervous or tense sometimes - it's very normal.*

E: *Exhale slowly a few times. In your own time, breathe in for a count of 3 and out for a count of 6. Breathing in through your nose and out through your mouth. Without straining or forcing. Very gently, very softly. Breathing in for a count of 3 and out for a count of 6. And as you breathe out, having a sense of releasing and letting go. (Remember to do this only a few times)*

S: *Soften your face, mouth and jaw. See if you can have a sense of your face being soft and smooth. Your eyes just resting gently in their sockets. Your mouth and jaw released.*

T: *Tell yourself quietly and kindly: Right now, I'm doing the best I can. Right now, I'm doing the best I can. And slowly opening your eyes.*