



# *Swish Away Stress*

# There are some things in life that make us feel anxious.

Maybe the start of an important sporting event or going into a room full of strangers.

When we feel stressed, our body tries to warn us and therefore prepare us - so that we can deal better with the situation. However, our body can sometimes over react and instead of getting the fluttery feeling in our tummies ( which is like normal nerves ) - we can feel really panic stricken.

**This technique is called the SWISH AWAY method.**

It helps you to turn down the anxiety levels and helps you get better balance - physically and emotionally.

# So here's what we do:

## 1. BAD MOOD

Write down here, some things that make you feel quite stressed and anxious. Some things that put you in a bit of a bad mood. Describe how you feel and look. What do you say?

Memories or events, that when you are thinking about them, make you feel under pressure or cross or out of control. For some people it's an event like exams, for others it's a memory like an old argument; whatever works for you.

Make a picture of this BAD MOOD in your head - like on a movie screen and give the picture a name.



*(You do this - so that you can bring these feelings back easily, when you need to)*

## 2. GOOD MOOD

Write down here, some things that make you feel calm and relaxed. Some things that put you in a good mood. Describe how you feel and look. What do you say?

Memories or events, that when you are thinking about them, make you feel happy and in a really good mood. So that you are relaxed, in control and positive. For some people it's eating their favourite meal - for others it is when they are chilling with their mates; whatever works for you. Make a picture of this time in your head - a bit like on a movie screen and give the picture a name.



*(You do this - so that you can bring these feelings back easily, when you need to)*

3. So now you understand that you can have good moods and bad moods - lets SWISH AWAY the bad stuff.

4. CLOSE your EYES.

5. Put the BAD MOOD Picture in the centre of the screen.

6. Put the GOOD Mood picture at the bottom left hand corner.



7. Using an imaginary remote control or magic wand (whatever works for you), flick it at the screen and say “SWISH”.



8. At the same time, explode the GOOD MOOD picture onto the Screen BIG and Bright and let it cover the old BAD MOOD picture.

9. REPEAT this a few times - so that the new GOOD MOOD picture and feelings are much stronger than the old BAD MOOD picture and feelings

10. Once you notice that you are feeling happier and more relaxed - slowly OPEN your eyes.



**What you are doing here is adding more of the same positive and happier feelings. You are building them up - so that they are stronger. It's just a matter of practice.**

**Now that you have this technique - you can use it whenever you need. Whenever you need to feel happier and better about something.**

Don't forget you can use this any time and any place; and the best thing about it - is that it's fast and effective.

**You are in control.**