

# Feeling overwhelmed?

Take a few minutes to go through one or both of the relaxation exercises below to help you feel calmer. You can find other useful resources online at: [XenidateXL.co.uk/patient](https://www.xenidateXL.co.uk/patient)

5, 4, 3, 2, 1

Try this exercise when a thought or feeling keeps happening over and over again and is beginning to get a bit too much. Name the following, either out loud or in your mind:



**5**

things you can **see** around you

(e.g. a car, the road, a chair, my mum)



**4**

things you can **feel** right now

(e.g. my feet in my shoes, my arm on the table, my hair on my neck)



**3**

things you can **hear** right now

(e.g. birds, washing machine, car)



**2**

things you can **smell** right now

(e.g. grass, coffee, clean clothes)



**1**

thing you **like** about yourself

(e.g. I'm really good at maths, I made my sister smile this morning)

And breathe...

Pick something natural that you can see around you and look at it carefully for a couple of minutes.

It could be a leaf, an animal or even the whole sky.

Explore every bit of it – ask as many questions as you can think of, for example:



If your child experiences any side effects, talk to their doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Side effects should be reported: reporting forms and information can be found at [www.yellowcard.mhra.gov.uk](https://www.yellowcard.mhra.gov.uk). By reporting any side effects, you can help provide more information on the safety of this medicine. Side effects should also be reported to Viatris, Building 4, Trident Place, Hatfield Business Park, Mosquito Way, Hatfield, Hertfordshire, AL10 9UL, or by phone: 0800 121 8267 or by email: [pv.uk@viatris.com](mailto:pv.uk@viatris.com).

