

# How to become more intelligent!

## Learn how to calm yourself down:

When we are locked in our emotions we can only think in all or nothing terms - life is either perfect or a catastrophe. The first, and most important, thing to do is to **calm down so that you can think clearly** and gain a sense of perspective and deal with the difficulty. Here is one way to **relax** quickly:

- **Settle comfortably** somewhere that you won't be disturbed. Sit/lie with your hands by your side or resting in your lap and your legs uncrossed. **Close your eyes**. Concentrate on becoming aware of your feet, legs and arms wherever they are resting and your head against the pillow/cushion or back against the chair.
- Then begin to **make each out breath last longer than the in breath**. This works because the out breath stimulates the body's relaxation response, so by changing your breathing this way your body automatically begins to relax. A good way to do this is to **breathe in to the count of 7 and out to the count of 11**.
- Do this between 10-20 times knowing that you will relax more each time. Concentrate on counting, don't let your mind wander off and feel a welcome sense of calm flow in. Try and be aware of how less tense you feel just by relaxing your breathing and **blocking out your worrying thoughts**. If it's easier count to 3 and 5, the important thing is to make sure the out breath lasts longer than the in breath.
- You can make relaxing even more pleasant by **creating a safe and special place** when you close your eyes, such as imagining a beach or park, or if you relax through sports, imagine playing football or swimming. Imagine yourself enjoying doing it - what can you **see, hear, smell and feel?** You can then revisit this place in your mind when you want to relax quickly or when you begin to feel overwhelmed by your feelings.