



## **Tips on stress relief and breathing**

Senior Complementary Therapist, Claire Jenkinson, has developed some useful advice and coping methods that can be used by anybody to help them cope with stress at any time

The documents below include helpful tips on stress relief and breathing techniques. Please click on the links to open and use these useful guides:

[\*\*And breathe: Insights and techniques to help us stay grounded in these testing times.\*\*](#)

[\*\*Wellbeing basics: A basic guide to wellbeing with suggestions to try at home.\*\*](#)

[\*\*Stockpiling our fears: Even simple breath work can help us feel calm and more about to cope: this short article explains how.\*\*](#)

[\*\*The art of self-care: An introduction to self-care with simple self-massage suggestions to try at home.\*\*](#)

Claire has been with Hospice at Home West Cumbria for seven years and was recently awarded the Diploma in Adapting Complementary Therapies for Cancer and Supportive Care from The Christie in Manchester.