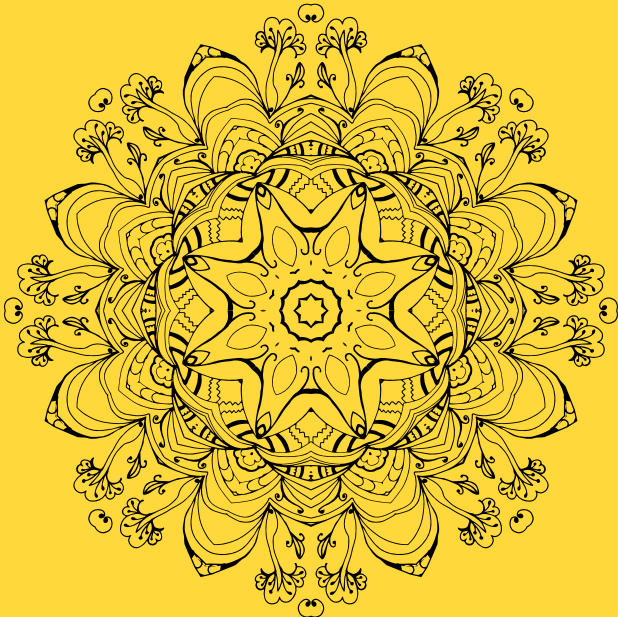


# HOW TO REMAIN CALM FOR YOUR SCREENING

Here at Very Important Invitation, we recognise how unhelpful being told to relax can be, so here are our top tips to help you



## BREATHING

Focus on your breathing – take 3 deep breaths in through your nose and out through your mouth

## MELT

Sink your bottom muscles into the couch like you are melting through the cushion

## MUSCLES

Naturally your vaginal muscles will follow

## REPEAT

If you feel yourself tensing up again repeat this process again

## BREATH

Focus on deep breaths in through the nose out through the mouth and imagine your breath is painting a rainbow

## COLOUR

Pick a different colour of the rainbow for each breath this will take your mind somewhere else