There are a range of breathing techniques and simple body scans you can try.

**BREATHING TECHNIQUES**

- Your breath. Breathe in for 4 and out for 8. Do this twice.

- Your skeleton. Imagine the bones of your body from head to toe.

- The space above you. Focus for a moment on the sky above your head.

- Your chest and lungs, as if you were inflating a balloon.

- The space below you. Do this while quietly sitting in a chair.

- Your head - turn head, shoulders and chest at the same time.

**SPEAKING**

- The voice. Focus on the sound of your voice.

- Your body. Focus on the way you are standing, moving and speaking.

- Your hands. Focus on the signs you are giving.

- Your face - become aware of your eyes, eyebrows, mouth.

**MOVEMENT**

- The legs. Place one foot on the floor and rest the other.

- The arms. Focus on your arms and how you are using them.

- The neck. Focus on the movement of your neck.

**UNIFORMITY**

- The body. Focus on how you are using your body.

- The clothes - how your clothes make you feel.

**OVERHEATING**

- If you are sweating or becoming itchy, consider touching your face.

- Use humour with colleagues - try to enjoy the situation.

**BREATHE A LITTLE**

- There is a production of War Horse (Photo by Brinkhoff/Mögenburg).

- Working in a visor can be tiring and can affect your vision.

- Be mindful of the power imbalance between people who can raise their voice and those who need to speak more softly.

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