



## Relax

This means you let your muscles in your body relax and you let your mind relax too. Sometimes if you work on relaxing your mind it helps to relax your muscles. Sometimes if you work on relaxing your muscles it helps to relax your mind.

## Tips

- Read a book – when you escape into a good book it can feel very relaxing.
- Watch a movie – like reading a book it can feel relaxing to watch something you enjoy.
- Take a walk or do some exercise (You will feel more relaxed afterwards)
- Focus on your breathing – slow it down, try **7/11** breathing which means breathe in for the count of **7** and out for the count of **11**
- Be creative and try drawing, painting or mindful colouring.
- Spend time watching nature. It might be through your window at the moment or if you have a garden or yard you could sit quietly and just watch. You could use a camera to take photos.
- Listening to music can be very relaxing.
- Draw your happy place and imagine it when you are feeling tense.
- Flop on a beanbag, cushion or on your bed .
- Try a mindful walk – what can you see, hear, feel, taste or smell?

How do you like to relax? Perhaps you could make your own list on the next page...



I can relax by...

1

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2

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3

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4

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I can relax by...

1

2

3

4



A picture of me looking very relaxed

