



Relaxation

**We use relaxation to help us feel less anxious or stressed.
Many things can help us relax:-**



- Having a bath or a shower.



- Listening to peaceful music.



- Going for a walk in nature.



- Watching a film we enjoy.

3 things that help us relax are:



1. Deep breathing.



2. Relaxing your body.



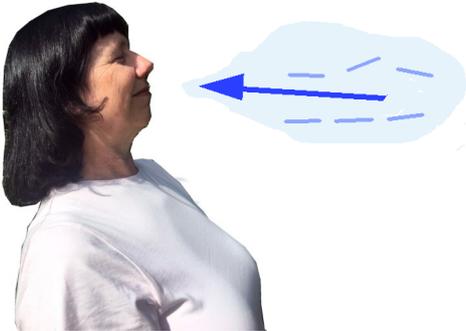
3. Closing your eyes and thinking of a calm, safe place.



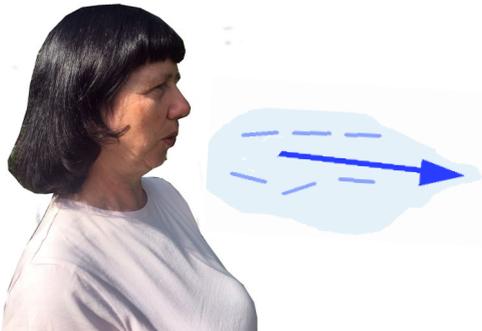
Deep breathing exercise



- Sit on a chair, lie flat on the floor or your bed.



- Think about your breathing. Take a long deep breath **IN**, through your nose. Fill your lungs up.



- Hold it...then slowly breathe **OUT**, through your mouth. Repeat.



- See how your chest goes up and down.



- Let thoughts, feelings and sounds drift by. Keep coming back to your breathing.

Do this for 5 - 10 minutes, you will start to feel calm and relaxed.

Body relaxation exercise



- Sit on a chair, lie flat on the floor or your bed.



- Scrunch up your face - then relax.



- Tense up your arms - then relax.



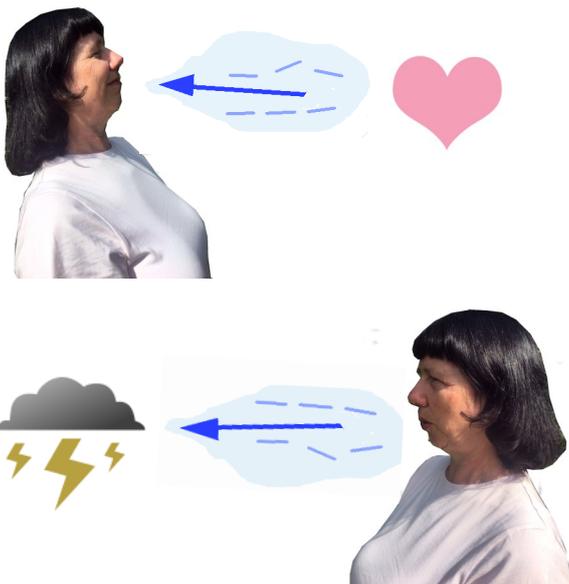
... body relaxation exercise.



- Tense up your shoulders - then relax.



- Tense up your legs - then relax.



- Breathe in calm thoughts...
Breathe out worries and stress.

Do this for 5 - 10 minutes; you will start to feel calm and relaxed.

Calm place exercise

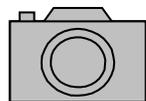
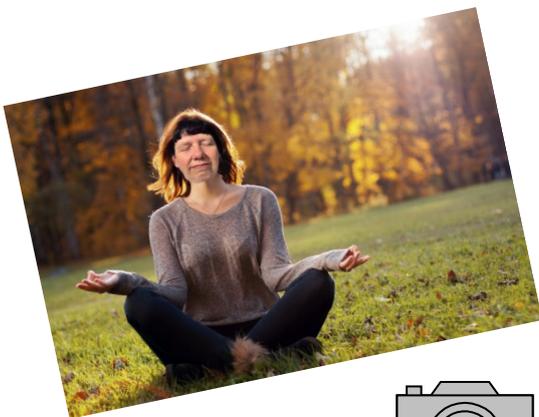
Thinking about a calm place can stop you thinking about your worries.



- Sit on a chair or lie down and close your eyes.



- Imagine being in a place that makes you feel calm and relaxed.



- You can ask someone to help you find a picture or take a photo of yourself at your calm place .



... calm place exercise.



- What can you **see** in your calm place?



- What can you **hear**?



- What can you **smell**?



- What can you **touch**?



- Think about how you **feel** there.

Do this for 5 - 10 minutes; you will start to feel calm and relaxed.