

HOW TO RELAX

25 Ways to Promote Relaxation

Spend one hour each day doing something that feels relaxing to you. It's good for the mind and body! Here are some ideas to get you started:

1. Read a book
2. Watch a funny movie
3. Take a bath
4. Call a friend
5. Take a walk
6. Bake something
7. Tense and relax muscle groups
8. Rearrange furniture
9. Paint a picture

10. Listen to music (sing along!)
11. Write a letter
12. Exercise
13. Watch the sunset
14. Pet an animal
15. Take a nap
16. Meditate
17. Plan a vacation
18. Learn something new
19. Play an instrument
20. Count backwards from 100
21. Visualize being at your favorite place
22. Look out the window
23. Clean/organize
24. Stretch



PSYCH SAVVY

TOP TIP

Breathe

Take slow, deep breaths. Feel yourself relax.