

Relaxation Techniques:

Tension & stress - Can cause stiffness/achiness in your body muscles, which is painful and can put you in a bad mood!

Relaxation - Low tension & stress in your body and mind.

Relaxation techniques - can make your body feel less painful & your mind feel less anxious.



- Deep Breathing - Put your hand on your belly & breathe in through your nose (count to 4), then breathe out through your mouth (count to 4). Your belly will get bigger as you breathe in and smaller when you breathe out!
- Yoga - Up/down dog, tree, happy baby, cat/cow.
- Progressive muscle relaxation - Tensing & relaxing 1 body part at a time. Start with your feet & work all the way up to your face, holding each area for 10sec, then relaxing for 10sec! (feet & toes, legs, hips, stomach & back, hands & arms, neck & face)
- Take a walk - look around you and listen to nature.
- Listen to music - pick your favorite kind of music and enjoy ☺
- Swing - by yourself or with a friend.
- Blow bubbles - see how far they go when they float away ☺
- Aromatherapy - Can reduce stress & help you be calm.

