

What Does Relax Mean?

Relaxing is that wonderful feeling when you just “*let go...*”

Relaxation helps your body to feel more comfortable and your mind to slow down. Relaxation helps to “empty your beaker.”

There’s no one way to relax. There are lots of different ways you may use at different times.

How Many Different Ways Are There? Lots & lots...

- Physical exercises
- Stretching movements
- Breathing exercises
- My special place
- Meditation
- Relaxing activities
- Calming pictures
- Progressive muscle relaxation

Helpful Relaxation Tips:

- Do things, go places or be with people that give you good feelings
- Make your own “list” of relaxation ideas that work best for you
- The more you “practice”, the easier it gets. Practice, Practice, Practice.
- You may need to try something more than once.

Prevent tension and stress build-up by:

- Catching signs of tension early
- Practicing relaxation ideas

