

Relaxation Tips

1. Relax by breathing.
 - a. Sit quietly.
 - b. Take slow breaths through your nose and out through your mouth.
 - c. Repeat until you feel less anxious.

2. Relax by visualization.
 - a. Sit quietly.
 - b. Think about your “happy place.”
 - c. Close your eyes and take slow breaths.

3. Relax your muscles.
 - a. Sit quietly.
 - b. Make a fist and squeeze muscles tightly.
 - c. Release your fingers and muscles repeatedly.

4. Relax by counting.
 - a. Sit quietly.
 - b. Count to 10 or 20.
 - c. Repeat.

5. Relax by staying present.
 - a. Sit quietly.
 - b. Notice your breathing and how your body feels.
 - c. Shift awareness to observe your surroundings.
 - d. What do you hear, smell, and feel?
 - e. Repeat until anxiety fades.

6. Relax by interrupting your anxious thinking.
 - a. Sit quietly.
 - b. Be aware of your worrying.
 - c. Sing a song, listen to music, read a book.