

MY RELAXATION MENU



Something Social :



Something Creative:



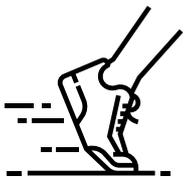
Something Indoors:



Something Outdoors:



Something Active:



Something Quiet:



RELAXATION IDEAS

ACTIVE RELAXATION



Yoga, Pilates, stretching

LISTEN TO MUSIC



HAVE A HOT DRINK

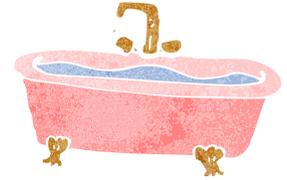


TECH CHECK

Am I following people that make me feel good or that make me feel sad or angry?



TIME IN NATURE



Have a bath

FOCUS ON BREATHING

Put your hand on your stomach and notice the rise and fall as you breathe



Cycling

DANCING



PLAY WITH YOUR PET



Walk and talk with a friend or family member that you trust

Grounding



Talk kindly to yourself

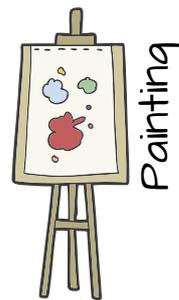
GET CREATIVE



SEWING



Baking

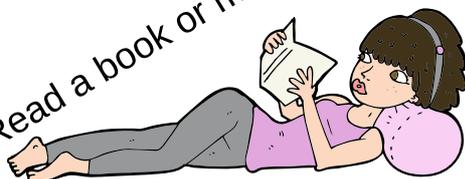


Painting



Wordsearch or puzzle

Read a book or magazine



Play a musical instrument

You deserve to take time for yourself

