

# Learning To Relax

There are lots of ways that you can relax.

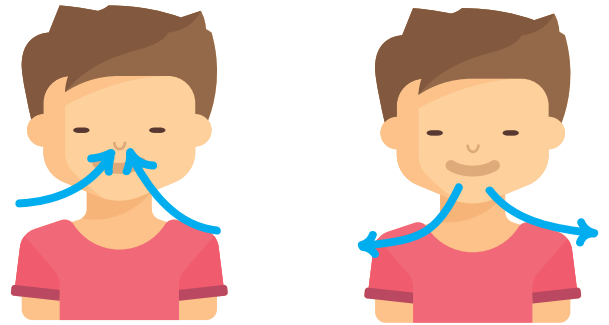
Try some of these and see how they make you feel.

## Calm breathing

If you make your breathing slower, deeper, and more steady then your body will relax.

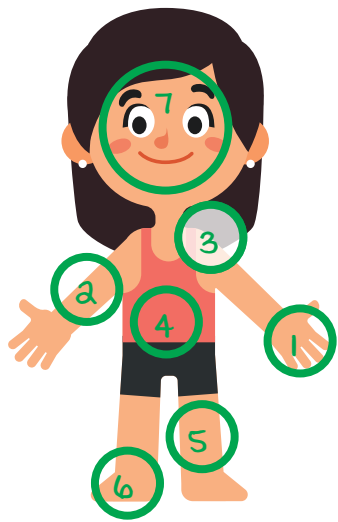
1. Breathe in **slowly** through your nose.
2. Pause for a moment.
3. Then breathe out **slowly** through your mouth.

 Carry on breathing calmly for 2 minutes.



## Relaxing your muscles

You can relax by letting then tension out of your muscles. A great way to do this is to tense and then relax all of the muscles in your body. Sit in a chair or lie on the floor and then:



1. Clench your fists ... then release.
2. Tighten the muscles in your arms ... then relax.
3. Push your shoulders back and up ... then release.
4. Tighten the muscles in your tummy ... then relax.
5. Tense the muscles in your legs ... then release.
6. Curl up your toes and clench your feet ... then release.
7. Scrunch up the muscles in your face ... then relax.

## Use the power of your imagination

Imagine doing something or being somewhere that makes you happy.

Close your eyes, take a deep breath, then imagine finding yourself in a place or doing something that makes your really happy. Picture all of the details – the sights, sounds, smells, and tastes. Notice all of the sensations. Notice how your body feels when you are in this place.

