

Every day find time to Relax...

Do things you **love**. Switch off your worry or stress by helping your mind to **relax**...
The best mind-relaxing activities are usually **physical, creative or soothing** activities...

Physical...



Play out, skip, swim, walk, run, knit, play football, skate, climb, tidy up, yoga.

Anything that **moves** your body!

Creative...



Dance, build, design, craft, draw, colour, play with your toys, write stories, doodle.

Anything where you **create** or **imagine**!

Soothing...



Listen to soothing sounds. Use touch to calm: massage, cuddle (yourself or someone you trust), stroke a pet. Look at beautiful things. Smell relaxing oils. Relax through your senses.

It's good to find **YOUR** most relaxing activity...

Some activities give you **double** or **triple** relaxing power... like singing (Physical, Creative and Soothing!)
Some, if done **outdoors**, like gardening/den building, give you **QUADRUPLE** power! **WOW** :)

Breathe well...

- ☺ breathe in deeply & feel your tummy rise
- ☺ **pause** but always breathe out **LONGER**
- ☺ pretend to blow out candles to breathe out



Supercharge your breathing benefits by...

- ☺ breathe with a **mantra** "I am"
- ☺ breathe out with **sounds** or **funny faces**
- ☺ count your breath to **occupy** your mind
- ☺ **visualise** your really happy place or person

Good breathing **relaxes**, not only your **mind**, but also your second brain, your tummy.

Be mindful...

Do the other things in your life, but do them in a way that fills your mind, and **squeezes** out the bad stuff...



Using all of your senses can help with this

- ❖ **EATING MINDFULLY** – smell food, look carefully at it, feel it with your tongue, think how to describe it, chew it slowly.
- ❖ **SEEING MINDFULLY** – this is great to do in nature: look carefully, note the colours, notice the detail, imagine the texture, watch the movement. Add in the other senses.
- ❖ **FEELING MINDFULLY** – this can be for anything! Even standing still: feel your weight pushing down into your feet, feel your feet in your shoes, feel the spread of your toes.

Be mindful ANYTIME! About ANYTHING!

No-one will know.

Connect...

This can be a really quick way to get the horrible, scary, weird, just yuk stuff out of your head...

Connect with you



Private ways to release feelings

- ☺ Diary, journal, blog, draw, paint, doodle, scribble.
 - ☺ Talk, cry, scream into a pillow.
 - ☺ Play with toys/pets, act things out. Talk to them, they will always listen.
- Practice telling them, ready to make it easier to connect with others...

Connect with others

- ☺ Show someone you trust, your things from the 'Connect with You' box
- ☺ If talking is too much, just be near someone you trust, let them pick up on your feelings. Build up to telling them.
- ☺ Join an organised group, a new club or online group (under adult supervision), where you can chat to people with similar interests and feelings.
- ☺ Ask someone how they are? Sometimes it helps you, to help others.

Sharing is caring.