

WAYS TO RELAX

1. Calm Breathing

Sometimes we can become too anxious in certain situations and our body starts to get worked up. Slowly breathe in through your nose and out through your mouth, or whatever is most comfortable for you. The idea is to take nice slow and controlled breaths.

2. Visualize

Think about something or somewhere that calms you. It could be a favourite place, a family pet or a happy memory you have.

3. Exercise

Staying active is a great way to reduce stress and anxiety. Try walking to school instead of taking the bus, or try out a new sport.

4. Tense and Relax

Often when we are stressed and anxious our muscles will become tight. Try squeezing your muscles and then slowly relaxing them. You can work from your head all the way down to your toes, helping the tension release from your muscles.

5. Change Tasks

If you get stuck on a task it can become frustrating. Try changing it up, and try something else for a while. You can retry the first task again when you are feeling more calm and confident.

6. Alone Time

You know yourself better than anyone else. And sometimes you just need a break from others. Excuse yourself to a quiet place where you can take some time to sort through any anxiety you are feeling. Everyone needs some time to relax!

7. Laugh

Laughter really is the best medicine! Set aside some time to read a funny book, watch a funny TV show, or hang out with someone who makes you laugh. Laughing is a great way to get rid of stress and help the body relax.