

15: Ways To Relax

Progressive muscle relaxation

When we are anxious or stressed we tend to tense our muscles. Relaxing our bodies is a good skill to practice as it can reduce the anxious feelings.

Breathe in

Start by tensing your feet and leg muscles, really squeeze them tightly as you breathe in



Breathe out

As you breathe out allow them to relax

Now tense the muscles in your buttocks, back and belly



And release as you breathe out

Next tense your arms, hands, shoulders and neck,



Let them relax down as you breathe out

Screw your face up tightly and clench your jaw



Now allow your whole body to relax as you take a few deep breaths

Relaxing music playlist



Find music that makes you feel chilled and relaxed!

Make a playlist for times of stress

