



JUST RELAX

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The following activities will not take away your problems, but they can relax your mind and body and provide you with an opportunity to do some rational thinking and to better utilize your creative resources. They provide you with a little mental and physical space and allow you to build up your reserves and coping power. By regularly planning and scheduling some stress reducers into your routine, a great deal of frustration, anxiety, and plain old stress can be avoided or even eliminated.

If stress registers mainly in the body, activities that break up physical tension may be most beneficial.

Some ways to relax the body are:

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| deep breathing exercises | progressive muscle relaxation | physical activities |
| a vigorous body workout | biofeedback | yoga |
| stretching | a massage | taking a nap |

If stress is experienced mainly in the mind, effective methods include those that engage the mind completely and redirect it. Some ways to relax the mind are:

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| meditating | using imagery/visualization | reading |
| exercising vigorously | listening to calming music | talking to a friend |
| pursuing hobbies/crafts | working crossword puzzles | playing games |

Other ways to relax include:

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| taking a walk | soaking in a hot tub | laughing |
| having a good cry | writing it down | daydreaming |
| counting to ten | creating something | singing |
| talking it out | taking a break | playing for fun |
| yelling in a pillow | looking at photos | helping others |
| watching a good movie | thinking positive thoughts | biking |
| swimming | running | |

Others:

Find out what works best for you and then do it !

