

# RELAXATION

30 SECONDS TO COMBAT NEGATIVE EMOTION



## WHEN TO RELAX

- WHEN YOU ARE STRESSED
- WHEN YOU ARE FRUSTRATED
- WHEN YOU WANT TO CLAM DOWN

## HOW TO RELAX: STEP 1

- FIND A QUIET PLACE. IF YOU'D LIKE, CLOSE YOUR EYES
- SCAN YOUR BODY FOR POINTS OF TENSION
- GENTLY TENSE ONE AREA AT A TIME
- DEEP INHALE THROUGH YOUR NOSE, HOLD FIVE SECONDS- SQUEEZE THAT AREA

## HOW TO RELAX: STEP 2

- EXHALE THROUGH YOUR MOUTH TO RELEASE TENSION- LET GO OF THAT AREA
- REPEAT FOR DIFFERENT AREAS, SUCH AS YOUR HANDS AND FEET- TRY SQUEEZING FISTS OR PRESSING FEET INTO THE GROUND

## WHERE TO RELAX

- BEFORE BED
- DURING A 30 SECOND BREAK IN YOUR DAY
- BEFORE YOU DO SOMETHING CHALLENGING

30 SECTIONS OF FOCUS CAN QUIET THE NOISE  
SCAN FOR A GUIDED VIDEO

