



Use simple, free ways to relax at anytime and anywhere.

- **Breathe to relax.** Take a slow deep breath in through your nose. Hold the air in for 4 seconds. Purse your lips and exhale through your mouth making a whooshing sound. Repeat 5 or more times.
- **Visit your happy place in your mind.** Close your eyes and picture being at the place you feel the most relaxed and happy.
- **Count to 10 when you're so upset that you want to scream.** It buys you time so you can reflect on what's bothering you and begin to calm down.

Relax your body. Relax your mind.