

5
choices

RELAX!

#STAYHOMESTAYS SAFE



TAKE DEEP BREATHS

- Sit comfortably with your back straight.
- Inhale 4 seconds through nose (belly expands)
- Hold breath for 2 seconds.
- Release breath taking 6 seconds through mouth.
- Pause! Repeat again.

DO PROGRESSIVE MUSCLE RELAXATION



- Inhale & gently tense the muscles in your feet by curling your toes.
- Hold the tension for 5-10 seconds.
- Exhale and release it. Notice how different the states of tension and relaxation feel- the key to this activity.
- Relax for 15 seconds.
- Repeat the cycle (other muscle groups- legs, back, arms, hands, face)

**Imagine that your stressful feelings are flowing out of your body as you relax each muscle group*

PRACTICE MINDFULNESS



MEDITATION

- Take a deep breath and relax.
- Bring your whole awareness to your breathing. (Sense the cool air coming in and the warm air going out. Feel the chest rising and falling, the belly expanding and contracting)
- Start counting your breaths.
- If thoughts interrupt your meditation, let those thoughts fly away like clouds.
- Return your focus to your breath.

MINDFUL DAILY TASKS

- Touch: What does the activity /texture feel like? (rough, smooth)
- Sight: What catches your eye? (light, shadows, contours, colours)
- Hearing: What sounds do you notice?
- Smell: What & how many smells do you notice?
- Taste: What flavours do you notice?

MINDFUL LISTENING



- Use headphones.
- Notice the pace of the music, the sounds of the different instruments, or the shifts in volume.
- Let any thoughts/feelings just pass through your awareness, then gently bring yourself back to the sounds of the music.