

Rest & Relaxation

Relaxation exercises can help reduce stress and help you recharge. Review the ideas below and underline or make note of things you like to try.

Calm Collage

Use colorful paper, magazines, newspapers, craft materials, and found objects to compose a collage. There's no right or wrong outcome. It's more about the process: creating can help free your mind from clutter and help you see things from a different perspective.

Gratitude Game

On sticky notes or slips of paper, write something you're grateful for, or write "I'm thankful for...". Hide them around your space--in the pages of your journal, in your partner's work bag, in your child's lunchbox, on your fridge, in a drawer--and let yourself (or your loved one) find them as you go about your daily routines. These little notes will help you remember all the good things in your life, and provide an opportunity to slow down and say, "thank you."

Affirmation Acrostic

Use each letter of your name to write a self-affirmation poem. When you're done, share what you wrote with a friend. Hang it somewhere to remind you how special you are.

Belly Breathe

Take time to breathe take a few deep breaths, in through your nose and out through your mouth. You could try to make your inhalations and exhalations the same length, counting to four with each. Or you might even be like Cookie Monster and use your fingers to blow out "candles" of an imaginary cake:

- Hold up one hand—it's a birthday cake with five candles!
- Pretend to blow out one of the candles: take a deep breath in and then blow out, curling the finger down as you finish exhaling.
- Repeat with the other four fingers until you have a fist. Notice how you feel now.

