

REMEMBER TO RELAX

For your body to be in a healthy balance of stress and relaxation remember to...



- Get lots of sleep
- Spend time in relaxing places
- Listen to relaxing sounds
- Enjoy relaxing activities



- Stretch

• Check in with your body a few times a day to see if you are

feeling relaxed or stressed

- Breathe
- Loosen your muscles
- Imagine



relaxing places

- Give yourself positive messages every day

