



## Relaxing your Mind

### Just breathe

Give yourself a 5-minute break and focus on your breathing. Sit up straight, eyes closed, feet flat on the floor and arms down by your side. Breathe in for a count of 3, pause and breathe out for a count of 3. Continue the process to help unwind and relax your mind.

### Full body scan

Mentally scan your body to get a sense of how stress affects it each day. Start at your toes and work up to your head, noticing how your body feels. Be aware of places you feel tight or loose without trying to change anything. For 1 to 2 minutes, imagine each deep breath flowing to that body part.

### Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your upper body. Remove the wrap and use a tennis ball or foam roller to massage away tension. Place the ball between your back and the wall. Lean into the ball and hold gentle pressure for up to 15 seconds. Then move the ball to another spot and apply pressure. Please do not attempt this exercise if you have an existing back issue.

### Get moving

All forms of exercise from yoga to walking, can ease depression and anxiety. It helps the brain release feel-good chemicals giving your body a chance to practice dealing with stress.

### Be more mindful

Stop rushing. Focus your attention fully on more activities more often. Appreciate the taste and smell of the food you eat, the sounds and the sights the next time you go for a walk.