

# Quick Ways To Relax

## Breathe Deeply

### Breathing Exercise

1. Slowly blow up the balloon  
1 ... 2 ... 3 ... 4 ...
2. Now, slowly blow out the balloon  
1 ... 2 ... 3 ... 4 ...

You can help slow down your body and quiet your mind by breathing deeply. Here is one way to try deep breathing:

- › Imagine you have a balloon in your tummy. Place one hand below your belly button
- › Breathe in slowly through the nose for four seconds
- › Feel the balloon fill up with air – your belly should expand
- › When the balloon is full, slowly breathe out through your mouth for about four seconds
- › Your hand will rise and fall as the balloon fills and empties
- › Wait 2 seconds, and then repeat a few times
- › When belly breathing, make sure the upper body (shoulders and chest area) is fairly relaxed and still



Adapted from AnxietyBC

## Visualize A Calm Place



- › Find a quiet place and close your eyes
- › Think of the most calm, peaceful place you have ever been. Picture yourself in that place
- › Describe what it: **L**ooks like, **S**ounds like, **S**mells like, **F**eels like
- › Return here when you are feeling stressed or worried

## Relax Your Muscles



- › Make a fist with each hand, squeeze each hand tight. Squeeze... Squeeze... Squeeze... Relax
- › Now, while you squeeze your fists again, tighten your arms to squeeze your body, Squeeze... Squeeze... Squeeze... Relax
- › Now, this time also squeeze your legs together while making a fist and squeezing your arms together, Squeeze... Squeeze... Squeeze... Relax
- › Repeat if you would like
- › Shake out your hands, arms and legs. Hopefully now you feel more relaxed

Adapted from the Psychology Foundation of Canada

