

## Relaxation

- Stress, working out, and many other things can definitely take a toll on your body and be detrimental to your mind as well.
- It's important to be able to take a step back from everything and relax.
- Although sitting down and watching TV or playing on the computer might be great after a long day, there are healthier options that can help replenish our minds and bodies more than just looking at a screen.

### Exercise to Let Off Steam and Relax Your Mind and Body:

- Yoga is a popular way to help you stabilize both your mind and body.
- In a relaxing setting, you can find your own focus and flexibility and improve your mental and physical strength.
- A simple stretch is a great way to relieve muscle tension and can be a quick fix during a work day.
- An easy run or walk is a quick way to activate good brain chemicals.



### Meditate and Focus on Your Own Inner Peace:

- Find a comfortable spot in a quiet place, concentrate on deep breathing, and simply unwind for at least five minutes.
  - This lets all your tension leave your body and is a good way to clear your mind and relax.
- Another good way to clear your head is to switch up your environment and be alone.
  - Taking a break in a quiet room or heading outside in the sun is a good place to self-reflect and collect your thoughts.
- Meditation can also be a period of self-reflection.
  - A good way to do this is to write in a journal.
  - You can write about what may be stressing you out and how you can work on fixing it, or write about all the great things in your life that are more important than all of these others stressors.
- You could also paint or draw to relieve stress and express yourself through art.

