



RELAXING

RELAXING is a great way to help your mind and body switch off from the pressures of daily life.

Taking 'time out' will help reduce anxiety and feelings of being overwhelmed.

It can also help your sleep and ability to learn.

WAYS TO RELAX...

- Find a quiet place, slow down your breathing and clear your thoughts.
- Give yourself a hand massage – starting at your thumb.
- Try a simple yoga pose – lay on the floor and lift your legs against the wall, concentrating on controlling your breathing at a calm and steady pace.
- Spend time with people who make you happy.
- Take regular breaks when you are studying or working.
- Listen to music, go for a walk, or both.

"Just find a quiet corner to read a book."

Ryley, 19

"You don't have to be doing things to relax. You can just zone out at a wall. You don't need to be reading books or watching TV." Harper, 20

"I have a coffee and get good people around."

Lucas, 22

"Going and sitting up on the mountain at night, looking down at the city lights." Amelia, 21

