

Relaxation

Tips, tricks and ideas to help relax your mind

1. Let it out

If you're feeling worried about something, it can help to talk it through with others. It might sound cheesy but a problem shared really is a problem halved.

2. Listen...

To something to distract you or calm you down. This could be...

- A song or playlist
- A meditation app, like Smiling Mind
- A podcast

3. Laugh or smile

You don't have to wait for someone else to do something funny, you could...

- Find a fun game to play with others
- Watch a funny show or movie
- Look at a picture of a happy memory
- Find a laughter yoga class on YouTube

4. Get outside

Spending time outside your house, especially in nature can help you to get out of your own head. You could...

- Try a simple mindfulness exercise like noticing 5 sights, smells and textures
- Do some exercise to release happy endorphins