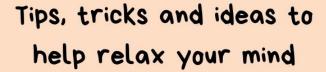
Relaxation





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

ikon

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

