

## **Relaxation Ideas**

- Free Meditation Apps – Calm, Insight, Smiling Mind
- Youtube animations of breathing exercises - e.g. Box breathing
- Go for a swim, sit by the water or catch a ferry
- Go for a walk in nature, take in the scenery, sounds and smells
- Practice yoga or a guided stretch
- Take a bath or shower, cold water can be especially good to stimulate the Vagus Nerve
- Talk out your stresses with someone you trust
- Take a body scan of every muscle that is tense, and release that tension
- Write your thoughts down in a journal
- Try grounding yourself. What can you see / hear / smell?
- Snuggle with a pet