

Relaxation activities

Relaxation activities help us to feel less stressed and overwhelmed by strong emotions.

Some examples of relaxing activities are:

- listening to or playing music
- soaking in the bath
- reading a book or magazine
- group yoga or tai chi classes
- watching a favourite sport
- going for a walk with a friend
- getting a massage
- petting or playing with pets
- being creative – sketching, painting, colouring, scrap-booking
- going fishing.

Write down some activities that could give you a break from your current worries and concerns. They might be activities you've found relaxing in the past or they might be activities you've always wanted to try. Include these in your daily routine.

My relaxing activities