

# Are you feeling stressed? Try these relaxing techniques



Drink a glass of  
water.



Slowly count  
from 20 to 0.



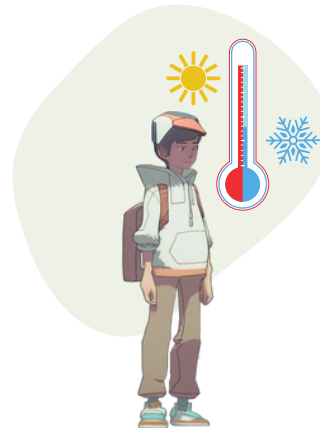
Walk around and focus on the  
movement of your arms and legs,  
focus on how your feet feel  
touching the ground.



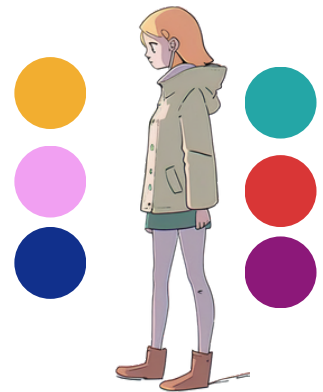
Notice the sounds  
around you.



Push your hands,  
palms out, against  
the wall.



Notice the  
temperature.



Name six colours  
you see in your  
surroundings.



Focus on the objects  
around you.



Go out into the fresh air,  
touch a part of nature –  
the leaves, the grass,  
etc.



Touch a piece of  
furniture or an object  
nearby.