

Are you feeling stressed? Try these relaxing techniques



Drink a glass of water.



Slowly count from 20 to 0.



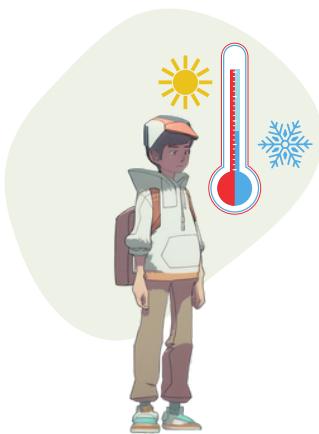
Walk around and focus on the movement of your arms and legs, focus on how your feet feel touching the ground.



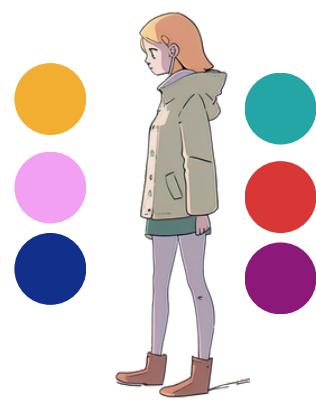
Notice the sounds around you.



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.