

Relaxation Techniques

Relaxation techniques are essential to good health and a sound mind. Everyone has different ways they relax, and we can all learn different techniques from each other.

Directions: With your group, brainstorm four ways to relax in each of the sections below.

Techniques to relax your mind. 1. 2. 3. 4.	Techniques to relax your body. 1. 2. 3. 4.
Techniques to relax your emotions. 1. 2. 3. 4.	Techniques to relax your nerves. 1. 2. 3. 4.
Techniques to relax your thoughts. 1. 2. 3. 4.	Techniques to relax your heart. 1. 2. 3. 4.