

HOW TO RELAX

Taking time to relax is important to your physical and mental health.

Use this to help you discover and schedule relaxation.



When do you feel most relaxed? What activities make you feel most relaxed?

What are the barriers to you relaxing?

What can you do/tell yourself to prioritise relaxing? What activities should take second place to relaxing e.g. household chores

How long are you going to aim to relax each day and when?

How can you remind yourself/plan time to relax weekly?