

6 WAYS TO CALM YOUR MIND AND BODY



TAKE DEEP BREATHS

BREATHE IN SLOWLY THROUGH YOUR NOSE... AND OUT THROUGH YOUR MOUTH. DO THIS THREE TIMES AND FEEL YOUR BODY BEGIN TO RELAX.



GO FOR A QUIET WALK

TAKE A SLOW WALK SOMEWHERE PEACEFUL. LISTEN TO THE SOUNDS AROUND YOU—BIRDS, LEAVES, WIND—AND LET YOUR MIND SETTLE.



DO SOMETHING CREATIVE

DRAW, PAINT, BUILD, OR COLOUR. LET YOUR IMAGINATION TAKE OVER AND ENJOY THE CALM THAT COMES WITH CREATING SOMETHING OF YOUR OWN.



LISTEN TO GENTLE MUSIC

PLAY SOME SOFT, CALMING MUSIC. CLOSE YOUR EYES AND REALLY LISTEN. NOTICE HOW YOUR BODY FEELS AS THE MUSIC PLAYS.



SIT IN SILENCE AND NOTICE

FIND A COMFORTABLE SPOT, CLOSE YOUR EYES, AND JUST SIT. NOTICE YOUR BREATHING, THE SOUNDS AROUND YOU, AND HOW YOUR BODY FEELS.



WRITE DOWN YOUR THOUGHTS

GRAB A NOTEBOOK AND WRITE HOW YOU'RE FEELING. YOU DON'T NEED TO SHOW ANYONE—JUST GETTING IT OUT CAN HELP YOUR MIND FEEL LIGHTER.

TIME SPENT IN STILLNESS IS NEVER WASTED—IT'S WHERE CLARITY, CALM, AND STRENGTH BEGIN.

KEEP
CALM