

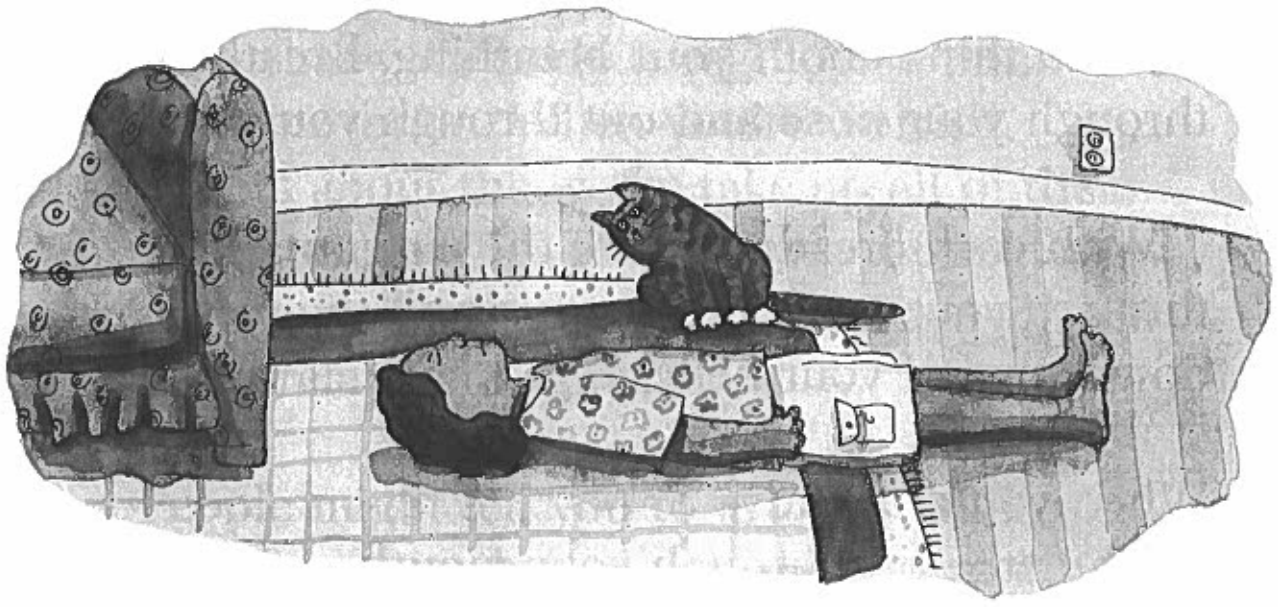
RELAXATION

When worries come in the car or at school, or if it is bedtime or some other time when you can't get active, you can re-set your system in a quieter way. This is called relaxation.

Relaxation means more than just taking a breath. You've probably tried that, and you know it doesn't work. When a worry is jumping around inside you, your brain and your body feel awful. It is hard to just "calm down."

But get ready. You are about to learn a special, quiet way to make your brain and your body feel better.





Let's take it one step at a time,
beginning with your body.

Begin by tensing and relaxing your muscles.

Squeeze your fists.

Make your legs stiff like boards.

Scrunch up your face.

Keep your body tight while you
count to 5 in your head.

Then relax your whole body by
letting your muscles go loose.