



Relaxation Techniques

Shared with care by Marshfield and Columbus Leadership Alliance (MCLA)

- Close your eyes and take 10 deep breaths, breathing out longer than you breathe in, as that helps your body feel less stressed.
- Find a space to pray.
- Do the 5 Senses Grounding Activity — what are 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste?
- Do the Rainbow Grounding Activity — what's everything you can name in the room that's red? Orange? Yellow? Etc.
- Shower yourself in compassion. Speak to yourself the way you would to a good friend.
- Lie on the floor and put your legs up the wall.
- Do some intense exercise — get your blood pumping and your brain focused on something else.
- Smell essential oils.
- Call a friend, family member, or therapist.
- Change your temperature — hold something really cold, or take a really hot shower.
- Eat a snack to balance your blood sugar.
- Take a nap.
- Put on your favorite song and dance.
- Give yourself permission to be overwhelmed.
- Look at your calendar — what can you let go of or say no to right now?
- Take a walk outside.
- Practice progressive muscle relaxation — tense different body parts, then allow them to relax.
- Watch your favorite funny YouTube video.
- Journal, write, or draw it out.
- Ask for a hug from a loved one.
- Take a break from caffeine.
- Eat something with protein and fat in it.
- Outer order, inner calm — clean or organize your space.
- Tell someone — get vulnerable with your emotions; chances are someone else is feeling similarly to you.
- Create a mantra: *I can't be everything to everyone. One minute at a time. Emotions don't last forever. One thing at a time.*
- Recognize that our brains are like the internet — too many tabs open, and they crash. Focus on one thing, prioritize, and ask for help if you need it.
- Set boundaries — you don't have to do everything right now. Take care of yourself first.
- Do a body scan, relaxing all the parts of your body that you can — soften your jaw, relax your shoulders away from your ears, etc. A relaxed body helps lead to a more relaxed mind.

Learn more about MCLA at this link:

https://www.columbuscatholicschools.org/schools/student_clubs_and_activities.cfm

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