

# Relaxation Resource Guide

**Instructions:** Below you will find an index of relaxation activities. These activities include mindfulness practices, relaxation strategies, yoga, and distress tolerance tools along with links to the activity. Remember, mindfulness is a part of every relaxation strategy we have.

Mindfulness
<b>Mindfulness: Increase self-awareness by paying attention to the present moment without expectations or judgments. Practice mindfulness using these exercises to get better at being mindful in all parts of life.</b>
Mindful Awareness Meditation: Become more aware of your thoughts, feelings and the physical sensations in your body. <a href="#">Click here</a>
Body Awareness Exercise: Pay attention to and sense each part of your body. <a href="#">Click here</a>
Five Senses Activity: Practice directing your attention to your senses. <a href="#">Click here</a>
Mindful Eating: Explore an M&M or other candy using the 5 senses. ( <a href="#">Click here</a> and select meditation 1. Eating a Raisin Mindfully)
Guided Loving Kindness Meditations: Open your heart and send loving kindness to yourself and other(s). <ul style="list-style-type: none"> <li>• 5 minutes: “5 Minute Self-Compassion Break” <a href="#">Click here</a></li> <li>• 5 minutes: (<a href="#">Click here</a> and select meditation 10. Loving Kindness Meditation)</li> </ul>
P.E.A.C.E. Mindfulness Guide: A step-by-step guide to making mindful decisions. <a href="#">Click here</a>
<b>Walking Meditation: Transcripts for leading teens through a walking mindful meditation.</b>
Walking Meditation: Meditate while you walk by paying attention to the physical experience of walking. <a href="#">Click here</a>
How to do Walking Meditation: Be fully aware of your body, mind, and emotions as you walk. <a href="#">Click here</a>
A Guide to Walking Meditation: An introduction to walking meditation with 3 different meditations. <a href="#">Click here</a> <ul style="list-style-type: none"> <li>• Focus on your feet (for beginners)</li> <li>• Focus on the sensations of walking</li> <li>• Focus on the body, mind, and emotions while walking</li> </ul>
<b>Yoga: Yoga promotes mindful awareness by uniting body, mind, and breathing through various poses. Some poses help calm the mind and body, some poses help energize the mind and body. See the yoga section under “Relaxation.”</b>

## Relaxation

**Imagery and Visualization: Instead of focusing on anxious, fearful images, use your imagination to focus on calm and peaceful images, places, and experiences.**

Cloud Relaxation: Imagine yourself floating on a cloud, feeling peaceful and calm. [Click here](#)

3 Relaxation Exercises, second exercise: Imagery using the 5 Senses. [Click here](#)

**Guided Meditation: Focus on relaxing your mind and body as a narrator guides you through various exercises. See “Mindfulness” section for more guided meditations.**

Guided Meditation for Stress Relief: A 9-minute guided fire and light visualization to settle the mind and warm the body. [Click here](#)

Sleep and Relax ASMR: 30-minute episodes for relaxation, mindfulness, and stress relief, including several guided meditations and ambient sounds. [Click here](#)

Tara Brach 10- to 30-Minute Guided Meditations: [Click here](#); [Click here](#)

UCLA's Mindful Research Awareness Center 3- to 15-minute Mindful Meditations, including 4 in Spanish. [Click here](#)

**Progressive Muscle Relaxation: Anxiety causes muscles to tense and tighten to prepare the body for action. Progressive muscle relaxation is a technique for relieving this tension by first exaggerating tension, then releasing it.**

Guided 14-minute audio progressive muscle relaxation exercise: [Click here](#)

3 Relaxation Exercises, third exercise: Tense and release muscles to experience relaxation in the body. [Click here](#)

Progressive Muscle Relaxation (PMR) Handout: Instructions [Click here](#)

**Deep breathing: Anxiety agitates and arouses the nervous system causing fast and shallow breathing. Deep breathing calms the nervous system by slowing and deepening our breathing.**

3 Relaxation Exercises, First exercise: Practice deep breathing. [Click here](#)

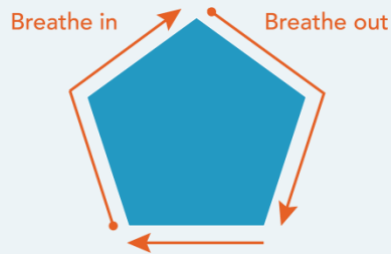
Counting Breath: Count each breath for 30 seconds or 1 minute. Then repeat with a goal of 4 breaths in 30 seconds or eight breaths per minute.

10-Second Breaths: practice breathing in for a count of 4, out for a count of 6.

Go Zen 4-7-8 Breathing: A 4-minute video guiding you through breathing in for a count of 4, holding for 7, and breathing out for a count of 8. [Click here](#)

Deep Breathing Handout: Instructions on slow, diaphragmatic breathing. [Click here](#)

Pentagon breathing: Breathe in through your nose as you follow two sides of the pentagon, breathe out through your lips as you follow the remaining sides of the pentagon.



**Yoga: Yoga increases relaxation by focusing the mind and regulating the breath as one moves the body in various poses.**

Yoga for Emotional Wellness: Introduces yoga and identifies simple poses for up and down-regulating. [Click here](#)

Welcome Home Yoga Routine: Videos in which yoga instructor Becky guides teens through a few quick after-school poses to reduce stress and restore balance, focus and power. [Click here](#)

Tree Pose



Child's Pose



Shoulder Stand



Yoga with Adriene: Popular youtube site has videos of instructor, Adriene, guiding users through poses for a multitude of physical and emotional states from heartbreak & mood swings to fat burning and diabetes. [Click here](#)

**Mandala Drawings: Mandalas are ancient spiritual symbols representing the universe and the unity that lies within it. Coloring the complex geometric patterns of the mandala calms the mind and body, and allows for creative expression without judgment.** [Click here](#)

## Distress Tolerance

**Distraction: Distract yourself when you need to get through a situation you can't change and must manage intensely negative emotions.**

A summary of Distress Tolerance skills, including distracting with ACCEPTS skills. [Click here](#)

**TIPP skills (Temperature, Intense Exercise, Paced Breathing, Paired Muscle Relaxation):**

Distract yourself from intensely negative emotions by focusing on other sensations, such as holding a piece of ice or engaging in rigorous exercise. This will help distract you from worry or anxious thoughts and disrupt the feelings in your body. It also helps you learn that you can get through tough situations that you may not be able to change. [Click here](#)

**Self-Soothing: Use each of your senses to soothe yourself.** [Click here](#)

**Coping Cards (print and laminate)** Soothe yourself with coping images and phrases. Print out a picture of something or someone that's special to you. Write a positive statement or phrase on the back to remind you that you can get through tough times. Laminate it if possible and keep it with you.

[Click here](#)

**Radical Acceptance: Accept the problems you can't control.**

A summary of Distress Tolerance skills, including Radical Acceptance. [Click here](#)

**Guided Meditation: Can help soothe and distract from intense emotion. See Guided Meditations under "Relaxation."**