

Relaxation Tips & Techniques

TIPS

- Declutter your space
- Media management
- Be present in the moment
- Watch the caffeine intake
- Find your self-care

TECHNIQUES

- Belly Breathing
- Progressive Muscle Relaxation

Resources

- VT Hokie Wellness at Home - Mindfulness at Home
<https://hokiewellness.vt.edu/hokie-wellness-at-home/mindfulness-at-home.html>
- UCLA Guided Meditations
<https://www.uclahealth.org/marc/mindful-meditations>
- UVA Mindfulness Center
<https://med.virginia.edu/mindfulness-center/>
- Local Libraries
 - Audiobooks and ebooks available on Overdrive
 - Hoopla- has ebooks, audiobooks, movies, and music
 - Freegal- free music available to download through your library card



Self-care Suggestions

- Gardening
- Taking a bubble bath
- Coloring in an adult (or kids!) coloring book
- Petting your pets
- Taking a walk outside
- Listening to new music
- Writing a letter to family members or friends
- Using social media to reconnect with friends
- Turning off the phone/electronics for an hour