#### Relaxation Techniques

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#### RELAXATION







#### MEDITATION



#### BREATHING



# TAICHI



## REIKI



# MINDFUL EATING







# WALKING



# CYCLING



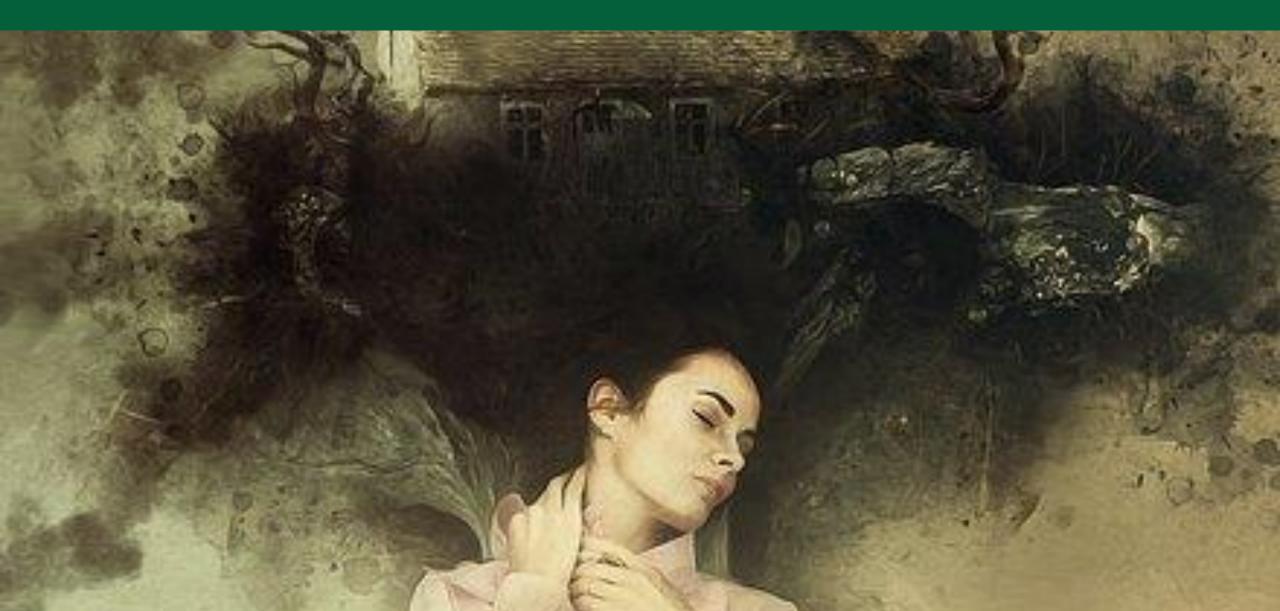
#### EXERCISE



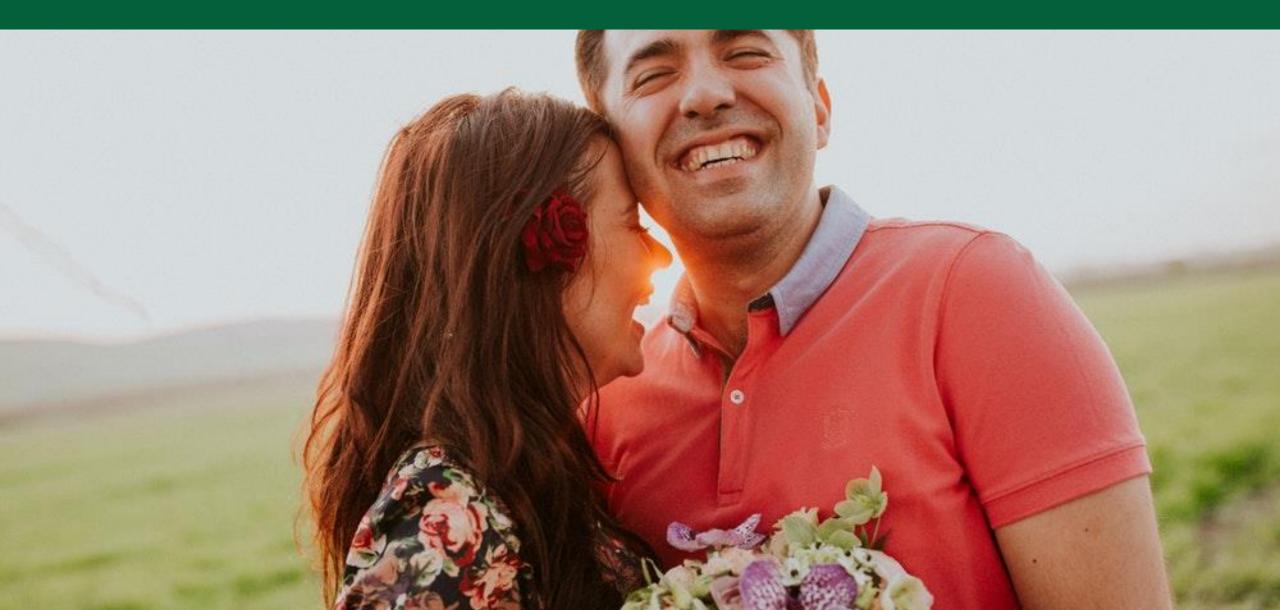




#### VISUALISATION



# HUMOUR



## FAMILY AND FRIENDS



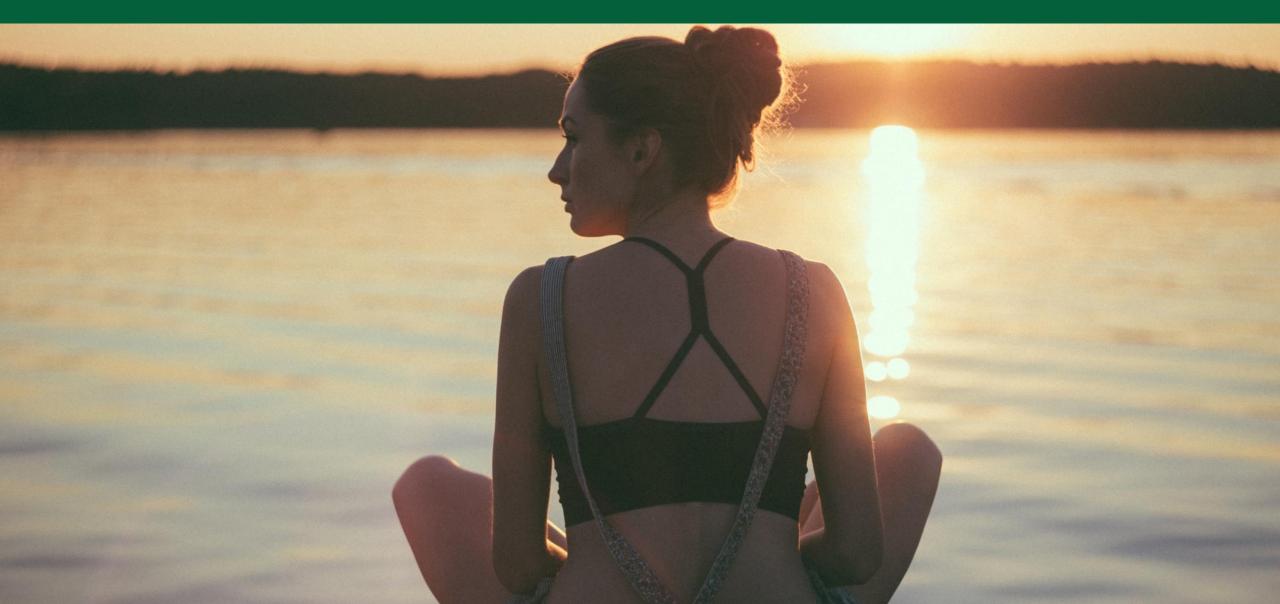
# NATURE



# MASSAGE



# MINDFULNESS







# WORK-LIFE BALANCE







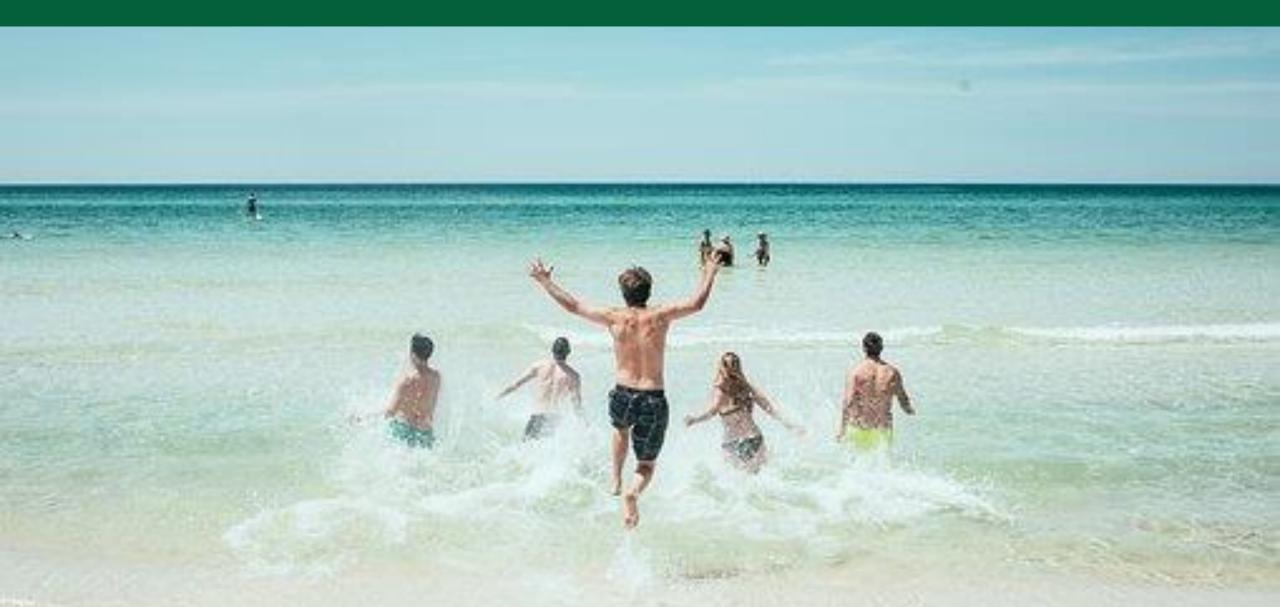
## GRATEFULNESS



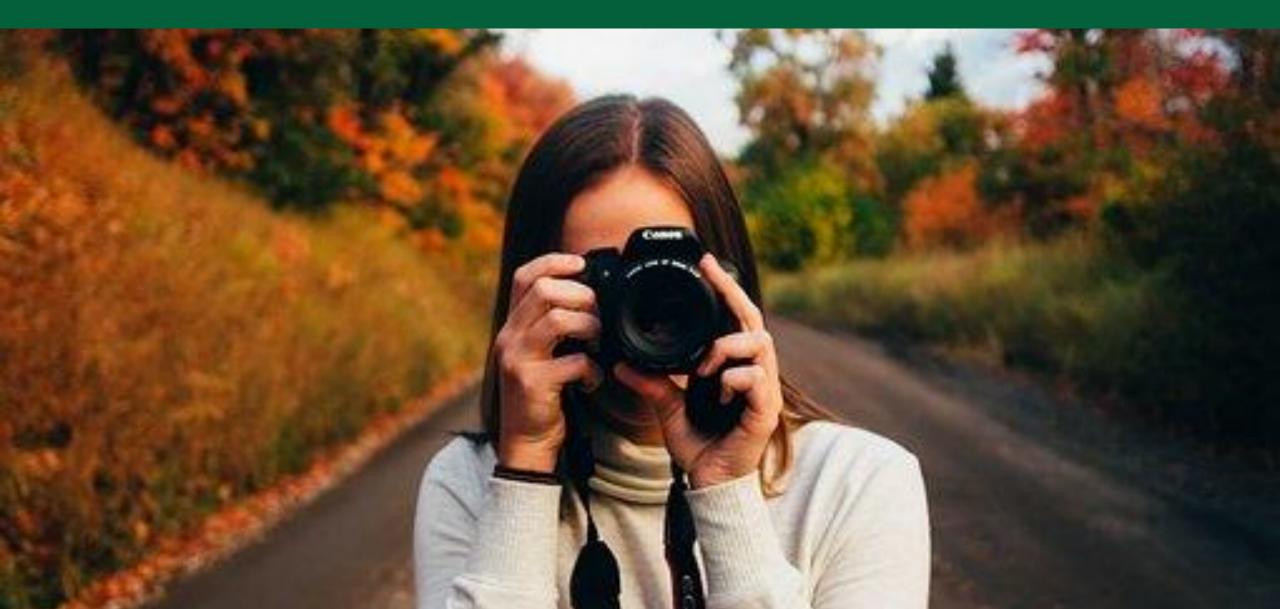
#### READING











# JOURNAL



## DECLUTTER



# WHICH DO YOU PRACTISE?

- Relaxation Yoga Meditation Breathing Tai chi □Mindful eating Sleep
  - Exercise Water Visualisation Humour Family and friends Nature Massage

Mindfulness

**P**ets □Work-life balance Gratefulness **G**Fun Hobby Journal 

