Relaxation Techniques

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RELAXATION







MEDITATION



BREATHING



TAICHI



REIKI



MINDFUL EATING







WALKING



CYCLING



EXERCISE



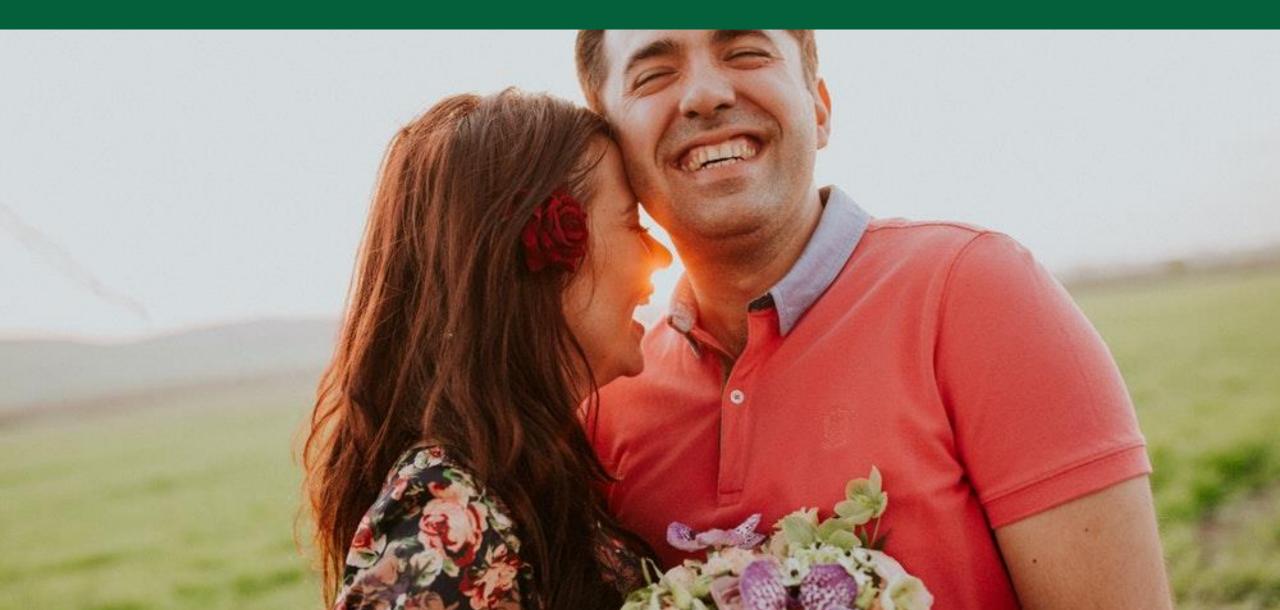




VISUALISATION



HUMOUR



FAMILY AND FRIENDS



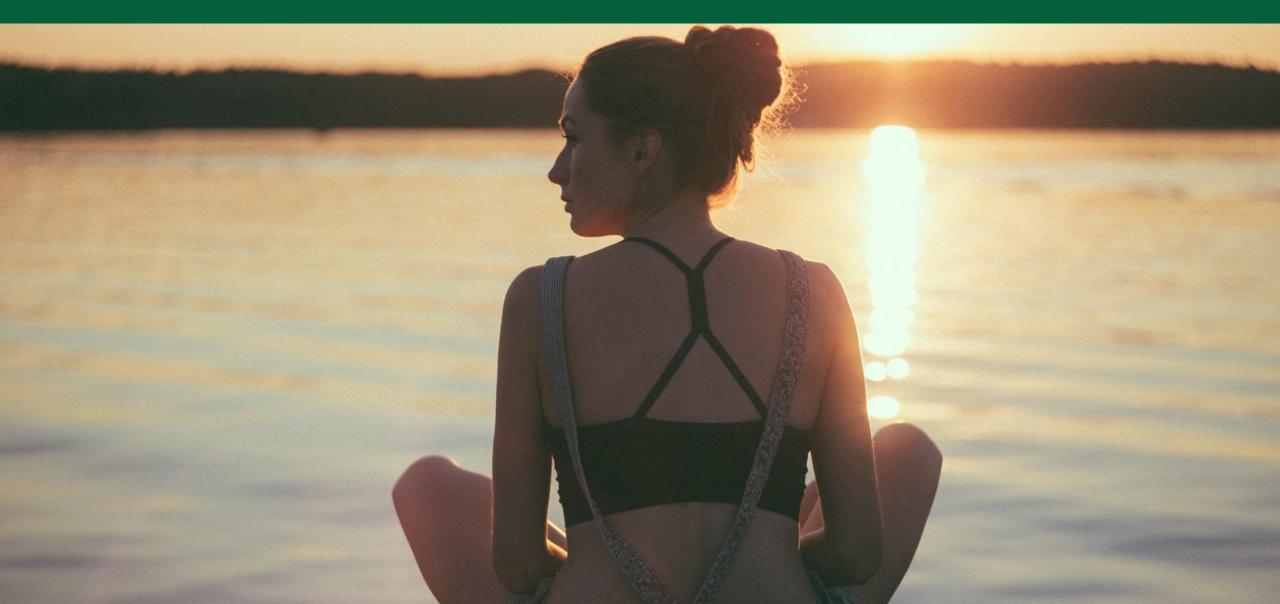
NATURE



MASSAGE



MINDFULNESS







WORK-LIFE BALANCE







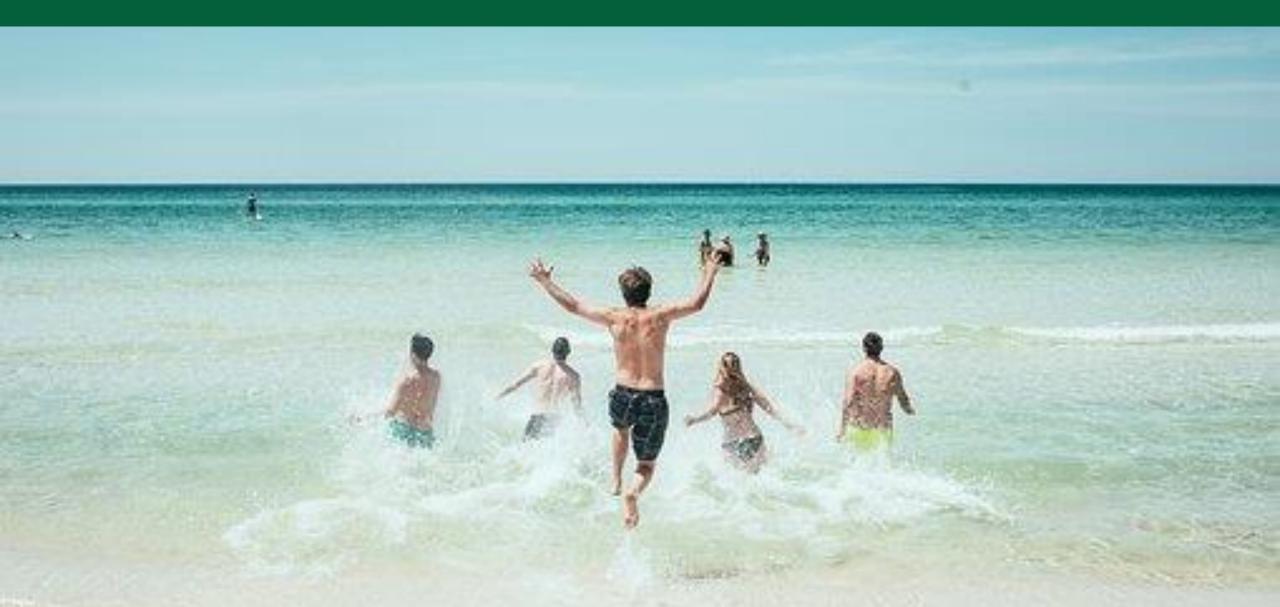
GRATEFULNESS



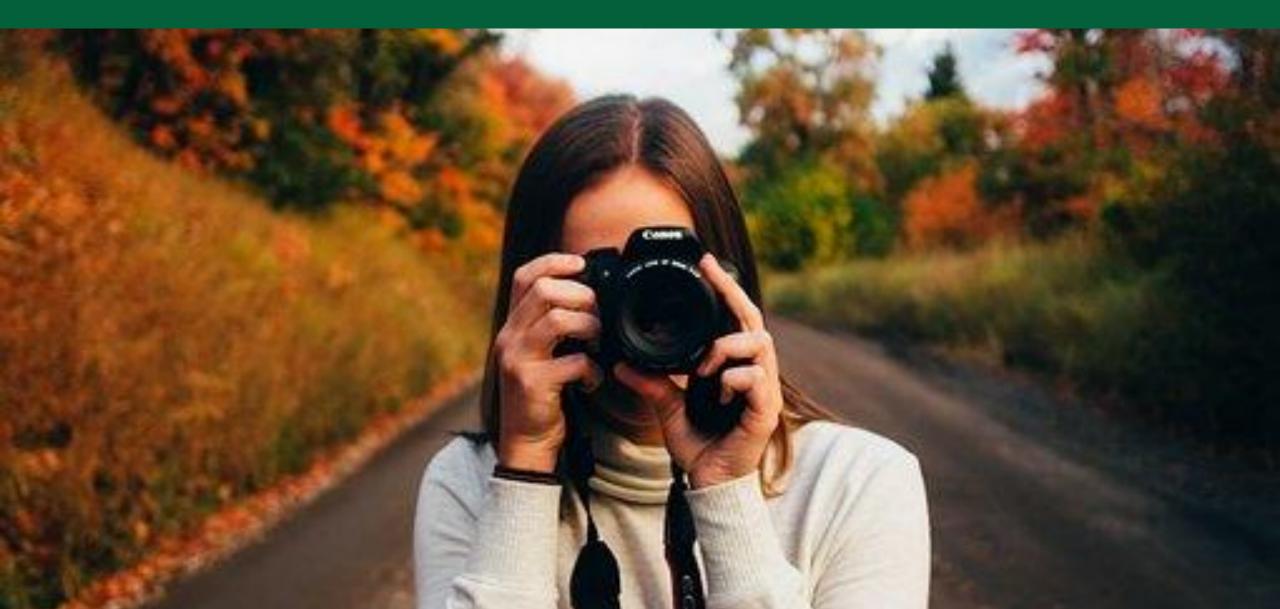
READING











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

Pets □Work-life balance Gratefulness **G**Fun Hobby Journal

