

Relaxation:

Find a quite space to lay or sit back without a lot of background noise

Envisioning a "happy place" can help your brain take a vacation from whatever stress you're experiencing. Start to create a description of your favorite happy place. It could be a cabin in the woods, a sandy beach, or even your backyard.

Describe how it looks, feels, smells, and sounds—the more details the better. Picture yourself doing your favorite activity there, even if it is just staring into the scenery you've mentally created. Spend some time in your happy place.

Before coming out of it start to wiggle your fingers and toes before you open your eyes. Help yourself ease back into your current space with the reminder you can escape back to your happy place the next time you close your eyes.

