



Relax

Relaxation techniques can help you stay tobacco-free. There are lots of ways that you can relax. Try some of these and see how they make you feel.



Calm Breathing

If you make your breathing slower, deeper, and steadier, then your body will relax.

1. Breathe in slowly through your nose
2. Pause for a moment
3. Then breathe out slowly through your mouth like you're fogging up a window
4. Carry on breathing calmly for 2 minutes



Relax Your Muscles

You can relax by letting the tension out of your muscles. A great way to do this is to tense and then relax all of the muscles in your body. Sit in a chair or lie on the floor and then:

1. Curl up your toes and clench your feet... then release
2. Tighten the muscles in your legs... then release
3. Push your shoulders back and up... then release
4. Tighten the muscles on your arms ... then relax
5. Clench your fists... then release
6. Scrunch up the muscles in your face... then relax



Use the Power of Imagination

Imagine doing something or being somewhere that makes you happy.

Close your eyes, take a deep breath, then imagine finding yourself in a place or doing something that makes you really happy. Picture all of the details – sights, sounds, smells, and tastes. Notice all of the sensations. Notice how your body feels when you are in this place.

For more relaxation, turn off the lights, go to a quiet room, use scented candles, lavender essential oils, or listen to calming music in the background during these techniques.

