

# MY LIFE-FIT HABITS RELAXATION

## What is Anxiety?

**Anxiety** is an emotion that we all experience. It can mean that you are scared or worried, it is also a signal that there may be danger.

Sometimes we have false alarms though, when our bodies feel scared but there is no real danger

How does **Muscle relaxation** work?

**Muscle Relaxation** works really well to get rid of the tightness in your muscles and helps remind your body that it is safe, that the anxiety was a false alarm

One way to take action on false alarm anxiety is by using relaxation

## Ways to practice Muscle Relaxation

1. Screw up your **face** and count to 3. Then say RELAX to yourself and relax your face
2. Shrug your **shoulders** upwards and try to make them touch your ears and count to 3. Then say RELAX to yourself and relax your shoulders
3. Squeeze your **fingers** together like you are squeezing a ball and count to 3. Then say RELAX to yourself and relax your fingers
4. Pull your stomach in and pretend you are trying to squeeze through a very small space and count to 3  
Then say RELAX to yourself and push your stomach out again.
5. Make your legs really straight and tighten all the muscles in your legs and count to 3. Then say RELAX to yourself and relax your legs
6. Clench and point your toes towards the floor and count to 3. Then say RELAX to yourself and roll your feet around in circles and relax your toes

## Try this Life-Fit Relaxation Challenge

There are so many ways to practice relaxation. One of the easiest ways is to find activities that you enjoy doing that are quiet and calming. **Make a list of your Quiet Time relaxation ideas** and try and practice something from your list every day for one week. Ideas include: listen to music, have a bath, read a book, talk to a friend, lie on the grass and watch the stars, go for a walk, draw a picture, play an instrument.

Take a look at this **helpful** website with great tips that can benefit you  
<https://au.reachout.com/articles/the-essential-guide-to-relaxation>

How to get extra help to **boost** your health and well-being  
Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust. Try these support websites:

[www.lifeline.org.au](http://www.lifeline.org.au) [www.eheadspace.org.au](http://www.eheadspace.org.au)  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)