

TAKE 10 TO RELAX

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*There is virtue in work and
there is virtue in rest. Use both
and overlook neither.*

— Alan Cohen

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NEED IDEAS?

What helps you relax best is unique to you. Here are some ideas to help expand your options. Don't be afraid to try something new!

- Listen to calm music
- Go for a quick walk
- Journal your emotions
- Do a guided meditation
- Enjoy nature
- Call a friend
- Breathe deeply
- Read a book
- Take a short nap
- Do gentle movement
- Get some sunshine
- Find more ideas at wellness.byu.edu/article/39/

