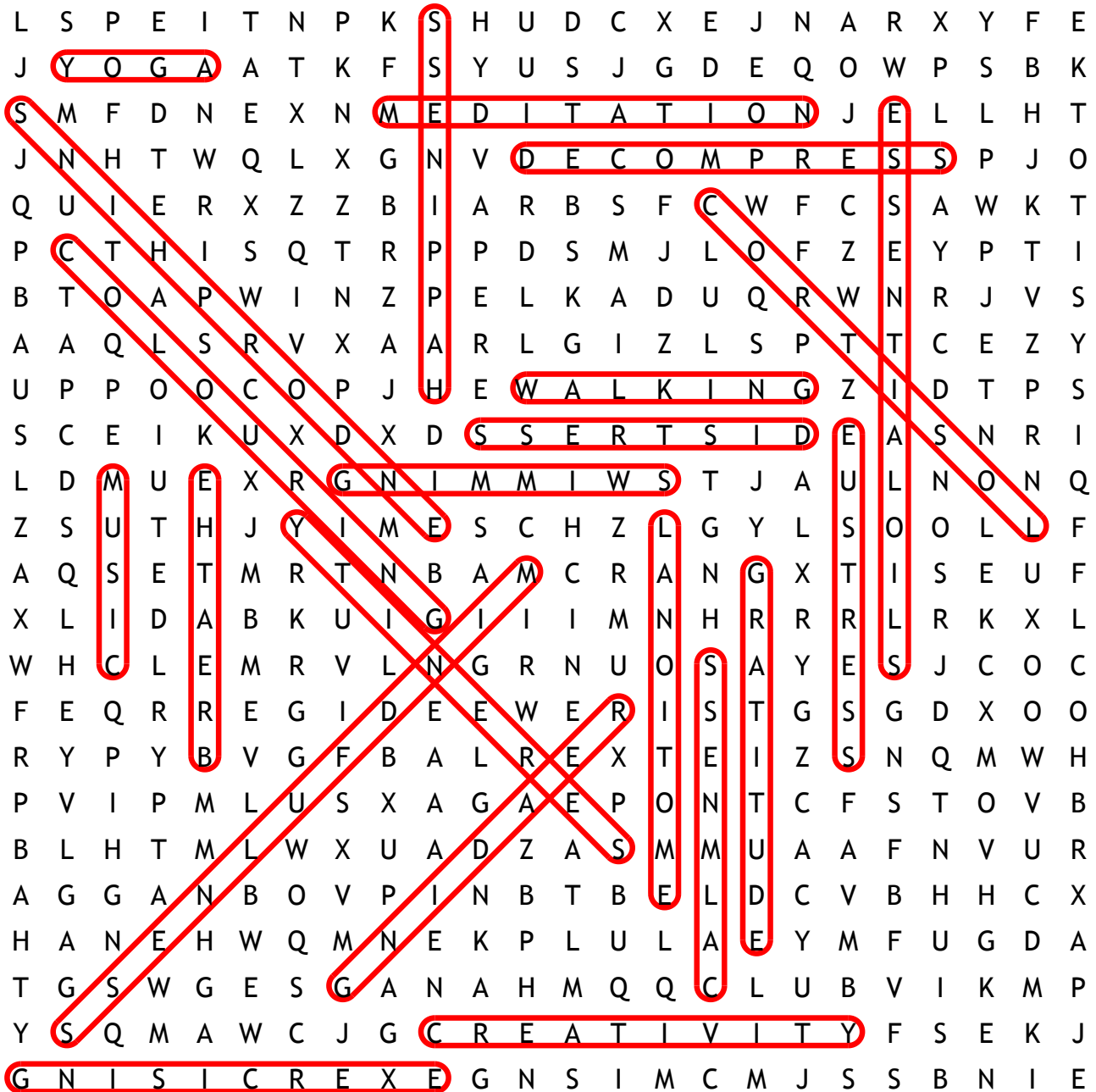


Name: _____

Date: _____

Relaxation Techniques



essential oils	mindfulness	endorphins	decompress	exercising
creativity	meditation	gratitude	emotional	happiness
colouring	cortisol	serenity	distress	eustress
swimming	calmness	breathe	walking	reading
music	yoga			