



DR. KERRIS DEL ROSARIO

REGISTERED PSYCHOLOGIST

Assessment and Therapy with Adults, Children, Adolescents, & Couples

585 Ontario Street South • Suite 204 • Milton, ON • L9T 2N2

1601 River Road East • Suite 305 • Kitchener, ON • N2A 3Y4

Phone: 519-498-9962 • Fax: 1-519-488-4777

Email: admin@kitchenerpsychologist.com

Wellness Tips for Youth: 7 Ways to Relax

1) Diaphragmatic Breathing

- Must be deep enough to stimulate the vagus nerve.
- Focus on pushing your belly out for 1 to 5 seconds.

2) Relaxation Tapes

- Nature sounds, gentle music.
- Voice talking you through a relaxation procedure.

3) Progressive Muscle Tension and Relaxation

- Work your way through all the muscles in the body.
- Tense each muscle for 5 to 10 seconds and relax. Repeat.
- Focus on the feeling of relaxation and release in the muscles.

4) Use a Focus Word or Phrase

- "Peace," "Calm," Count from 1 to 7, etc.

5) Meditation

- Pick an object to look at or imagine.
- If your mind drifts, gently bring yourself back to the object of focus.

6) Repetitive Motion

- Running, swimming, treadmill, bicycle, yoga, Tai Chi, etc.

7) Imagery

- Imagine yourself in a safe place (real or created).
- Imagine writing your concerns on a piece of paper and placing them into the basket of a hot air balloon, then watching them drift up and out of sight. Focus on letting go of the concerns.