**Relief Exercises**

**Deep Breathing:** Close your eyes and place your hands on top of your hips. Take slow, deep and rhythmic breaths using your diaphragm. You should feel the air fill your belly area, instead of your chest.

**Eye Cupping:** Rub your hands together quickly until they feel warm. Gently close your eyes and place one hand over each eye. Relax the muscles around your eyes, and let your eyes feel warm and dark.

**Heavy Hands:** Sit comfortably in a chair with your arms hanging by your sides. Close your eyes and relax. Imagine your hands becoming very heavy and allow the tension to release out of your neck and shoulders.

**Visualize a Calm Place:** Close your eyes and think about a happy place that you enjoy. Imagine what it looks like, what sounds you hear, and how your body feels.

**Grounding Techniques:** If you’re feeling like you’re floating away, lay on the floor. Think about bringing your body back towards the ground. If in a chair, place your hand on your head and apply gentle pressure to the top of your head. Try pushing against the table or against a wall.

**Handwriting:** Practice your handwriting. Some examples of things to write about are how you’re feeling and what you’re experiencing. Write about your symptoms, what you did that day, and what the weather was like.

**Cricket Fingers:** Use your thumbs to gently rub your pointer finger between the first and second joints.

**Body Warm Up:** Wake up your body parts by pretending you’re putting on sunscreen. Rub your hands together, then rub the imaginary sunscreen on your face, neck, arms, belly, back and legs.

Warm up your joints by doing wrist, shoulder, knee, and ankle rotations forwards and backwards.

**Wrist Pressure Points:** Have a partner apply a gentle but firm pressure around your wrist. The partner should firmly hug one wrist at a time, using both of their hands to apply pressure.