

What Relaxes You?

Check off any activities that make you feel relaxed:

Writing (i.e. in a journal)		Walking	
Drawing		Muscle relaxation exercises	
Making lists (i.e. of words, events, numbers, people, dates)		Playing sports	
Magazines		Counting up or down	
Books		Imagining your favorite place	
Puzzles		Lifting weights	
Brain Teasers		Taking things apart	
Sudoku		"White noise" (from fans, special CDs, white noise machines)	
Making schedules		Building things	
Listening to music		Using a sensory brush	
Reviewing stories to understand social situations		Self-talk: Repeating an idea, positive statement, or rule to make yourself feel better.	
Computer games		Deep breathing	
Video games		Closing your eyes in a quiet space	
Listening to audio books		Looking at pictures	
Calling friends		Headphones to block out sound	
Reviewing visual schedules or lists		Organizing things	
Emailing or texting friends		Surfing the internet	
Talking to someone		Movies	
Going outside		Television	
Listening to podcasts		Putting things in order	
Squeezing a stress ball		Running	
Stretching		Talking about very special interests (i.e. history, anime, computers)	

Add your own:

Now, make a list of your top 5 most relaxing activities. Be specific as you create this list—for example, if you feel more relaxed when you can talk about a special interest, write down what that special interest is:

1.

2.

3.

4.

5.
