

Relax!

There are several health benefits to relaxation, including slowing your heart rate, lowering blood pressure and improving sleep. Intentional relaxation can reduce stress and help you enjoy better quality of life. Try the following ways to relax:

- Practice meditation or yoga
- Try deep breathing exercises
- Listen to or play music or sing
- Read a book or listen to an audio book
- Take a nap
- Take a bath
- Get a massage
- Color a picture
- Laugh

**Exude happiness and you will feel it back
a thousand times.**

– Joan Lunden

Connect the Dots – KANGAROO

