

VOCABULARY: WAYS TO STAY RELAX

Indication: Read the vocabulary and label it with the correct concepts.

1. Breathe:

- Close your eyes and focus on something calm. Feel relaxed.

2. Exercise:

- Listen to music, sing, watch TV, or meet a friend.

3. Talk:

- Walk or exercise for just 30 minues each day, and feel better.

4. Meditate:

- Take a hot bath, or have a massage.

5. Pamper yourself:

- Call a friend and talk about your problems.

6. Do something you enjoy:

- Take a breath, hold it fo four seconds, and then breathe out very slowly. Feel your body relax.