

## Mini-Break

This is a 30-second way to “chill out” and relax during or after a stressful situation. You can use it any time you feel tension, anxiety, headache or any other pain as a result of stress. You can also prevent pain or anxiety from happening by doing this regularly.

1. Take a deep breath and exhale slowly.
2. Scan your forehead, jaw, neck, shoulders and other areas of your body to find the tense spots. Try to relax and breathe into these areas as you exhale.
3. Smile with your mouth open, and remind yourself that you can choose how you want to react to things, no matter what is going on.
4. If it feels good to you, *briefly* tighten the area that is tense, and then let it go.
5. Take 2 or 3 slow, deep breaths. As you exhale, imagine breathing away all of your tension, stress or pain. Let the feeling of relaxation flow down through your body to your toes.
6. As you inhale, tell yourself, “I’m breathing in peace, relaxation and calmness.” As you exhale, tell yourself, “I’m letting go of tension” or “I feel calm and relaxed” or “I can let go of this.” These thoughts to yourself become the cues to your body that it is time to relax.

### TO LEARN MORE

- Adolescent Medicine (206) 987-2028
- Adolescent Medicine Nursing Line (206) 987-3005
- Your Child’s Health-Care Provider

*Children’s will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.*

*This handout has been reviewed by clinical staff at Children’s Hospital. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s health-care provider.*