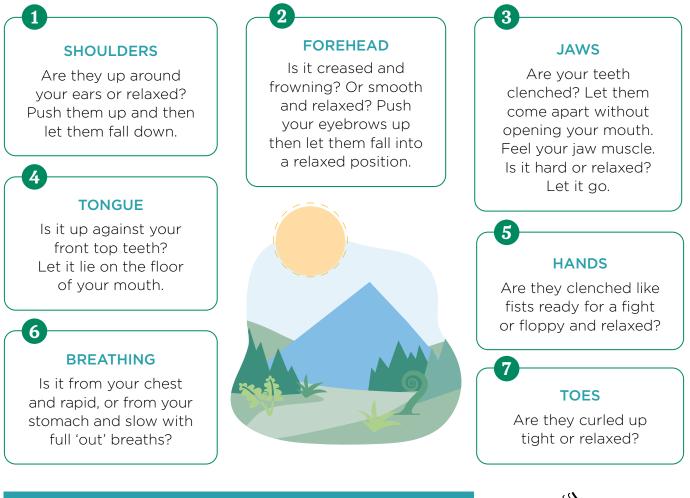
Relaxation

Relaxation is good for your health.

- ▶ Being able to relax is vital for good health.
- ▶ Life can get busy and we don't notice how tense or stressed we have become.

Are you relaxed?



Ways to relax

Some people relax by going for a walk or doing some gardening. Others relax by reading a book, listening to music, watching a movie or talking to friends.

How do you relax?	



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