**Progressive Relaxation Technique**

Progressive muscle relaxation is a method that helps relieve that tension. In progressive muscle relaxation, you tense a group of muscles as you breathe in, and you relax them as you breathe out. You work on your muscle groups in a certain order. When your body is physically relaxed, you cannot feel anxious.

<https://www.therapistaid.com/therapy-video/progressive-muscle-relaxation>

**Mindfulness**

Mindfulness is a state of active, open [attention](http://www.psychologytoday.com/us/basics/attention) to the present. This state is described as observing one’s thoughts and feelings without judging them as good or bad

<https://www.youtube.com/watch?v=Jholcb8Gz0M>

**Color**

<https://www.therapistaid.com/therapy-worksheet/mandalas/relaxation/none>

**Gratitude Journal**

<https://www.therapistaid.com/worksheets/gratitude-journal-three-good-things.pdf>

**Gratitude Jar**

<https://www.therapistaid.com/worksheets/gratitude-jar.pdf>

**Breathing Techniques**

<https://www.therapistaid.com/interactive-therapy-tools>

**Diaphragmatic Breathing**

<https://www.psychology.uga.edu/sites/default/files/CVs/Clinic_Diaphragmatic_Breathing.pdf>

**Meditation**

<https://www.youtube.com/watch?v=inpok4MKVLM>