Relaxation techniques can help you stay tobacco-free. There are lots of ways that you can relax. Try some of these and see how they make you feel.

**Calm Breathing**

- If you make your breathing slower, deeper, and steadier, then your body will relax.
- 1. Breathe in slowly through your nose
- 2. Pause for a moment
- 3. Then breathe out slowly through your mouth like you’re fogging up a window
- 4. Carry on breathing calmly for 2 minutes

**Relax Your Muscles**

- You can relax by letting the tension out of your muscles. A great way to do this is to tense and then relax all of the muscles in your body. Sit in a chair or lie on the floor and then:
- 1. Curl up your toes and clench your feet... then release
- 2. Tighten the muscles in your legs... then release
- 3. Push your shoulders back and up... then release
- 4. Tighten the muscles on your arms ... then relax
- 5. Clench your fists... then release
- 6. Scrunch up the muscles in your face... then relax

**Use the Power of Imagination**

- Imagine doing something or being somewhere that makes you happy.
- Close your eyes, take a deep breath, then imagine finding yourself in a place or doing something that makes you really happy. Picture all of the details — sights, sounds, smells, and tastes. Notice all of the sensations. Notice how your body feels when you are in this place.

For more relaxation, turn off the lights, go to a quiet room, use scented candles, lavender essential oils, or listen to calming music in the background during these techniques.