



# Lou Brown ADHD & LIFE COACH

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## Positive Ways to Relax

Taking time out to relax by participating in activities that nurture and nourish us is good for our mental and physical health. However sometimes we can get so caught up in the rush of the day or feel so overwhelmed or frazzled that out of habit, we resort to overeating, alcohol or other substances to calm us down.

If you want to make changes so you can break old negative habits, why not commit to trying an alternative activity instead.

To ensure you have some strategies at hand when you need them, it can be helpful to create a go-to-list.

### 25 Ways I like to relax (or am willing to try) that are good for me:

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