

# What Is It That Helps Your Brain Relax?

Often our lives are busy and our brains can get overloaded. Therefore, we may find it difficult to switch off and relax.

If we don't relax and allow our brains to rest, we may be more likely to experience physical, emotional and mental health issues.

So how do you help your brain to relax?

Here are a few ideas below:

- mindfulness
- the correct amount of sleep
- turning all devices off
- taking a bath
- reading a book

Write your ideas and ways of relaxing in the thought bubbles.

