



C R E A T I V I T Y

Creative relaxation techniques can help you manage stress and enhance your overall work experience, making your workday more enjoyable and productive.

Creative moment: Keep a sketchbook or colouring book at your desk for a quick, creative break. Drawing or colouring can be a soothing and meditative activity. Select a page from your colouring book and begin filling in the sections with colours that appeal to you.

Immerse Yourself: Focus on your hand's movement, the paper's texture, and the flow of the colours or lines. Allow yourself to get lost in the creative process. The act of drawing or colouring is meditative and can reduce anxiety and stress.

Laughter Break: Watch a funny video or read a humorous article to boost your mood. Laughter can reduce stress and improve your overall sense of well-being.



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Scent Therapy: Use a small diffuser or essential oil roller to enjoy calming scents like lavender, chamomile, or eucalyptus. Aromatherapy can help reduce stress and enhance relaxation.

Gratitude Journaling: Spend a few minutes writing down things you're grateful for. Focusing on positive aspects of your life can shift your mindset and reduce stress.

Five-senses check-in: Notice five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

Guided Imagery, A Hot Air Balloon Adventure: Imagine an imaginary hot air balloon ride soaring above the cloud. Let go of worries and see things from a different perspective.

Tea or coffee ritual: Take a break to prepare and enjoy tea or coffee. Making it and savouring its warmth can be a relaxing ritual. Savour the taste and aroma. Engage your senses and be present in the moment without any distractions.