Seven Relaxation Tips for Teens with AS

When you notice your stress level getting higher, try these activities to help you relax:

1. Go for a walk. Exercise can help clear your mind and relax your body.

2. Do something you know will work out the way you expect – no surprises. This activity could be a puzzle, a video game, or a favorite movie.

3. Visualize the solutions you'd like for your problem. Try not to think about how you'll get there, just the end result you'd like to see.

4. Create something. From writing a computer program to making a sculpture out of Legos, creativity can help you get your mind off your problems.

5. Follow your breathing. Find a quiet spot and just breathe deeply in and out for five minutes.

6. Try out a yoga video. The poses will stretch and strengthen your body and help to relax your mind.

7. Make a list of things that make you happy. These items can be big or little.