

## **Letting off steam**

**It is natural that sometimes our emotions build, and can create pressure internally that needs to be released. For example, after doing a lot of revision, many find it helpful to let off steam by doing an activity that makes them feel happy or relaxed, so that focussing so hard on studying doesn't become overwhelming.**

**It's also natural to feel frustrated from time to time, whether that's because you missed your bus, had an argument with someone, lost something important, or have been having difficulty with your mental health. There are lots of different ways of letting off steam, and while some people find that physical activity such as dancing or boxing helps, others would rather scream into a pillow!**

## **Writing things down**

**Writing things down, by using a journal or a diary, can help you to defuse a situation that you have kept inside you. For some people, they use journals as a way of sharing difficult feels, expressing words that they would not be able to say out loud. Others use journals to track their mental health, highlighting the good days and the bad so that they learn more about themselves and their mental health.**

## **Water therapy**

**Water has various different physical properties that can have a soothing effect on the body and mind. You don't have to visit a spa or have a hot-tub, sauna or steam room to take advantage of this. Sometimes, running a warm bath and then cooling off afterwards in the shower can make you feel refreshed and stimulate your blood flow. Good circulation is said to help your body function at its best, and this includes your mind, so it might help things feel sharper and clearer. Alternating between warmer and colder water in the shower could achieve the same benefits.**

***'When I feel stressed or anxious, sometimes it helps to hold ice cubes and let them melt in my hands. The cold water is refreshing and it gives me some time to calm down.'***