Stressed Out? Scouts Can Try These Techniques

Scouts in the UK have some ideas for in-the-moment relaxation…

Getting back into the routine of things after the Holidays is supposed to put folks on even footing. It's supposed to be comforting to be back in "the swing of things." But for many of us, especially during these confusing, frustrating COVID times, that old routine might seem far from mind.

Nearly everyone feels this way, sometimes. And our youngest scouts are no less susceptible to a bad day than the most experienced Scouter.

What's to do? Nothing.

I mean, do something. But not the thing that is stressing you out? Um. IDK.

What do I know about relaxation? I'm blogging at 11:30 PM.

But the folks at *Scouts.org.uk*, compiled a pretty spectacular last of cooling, calming techniques that can be done just about anywhere.

- *Breathing*
- *Go for a walk*
- *Write it down*
- *Talk about it*
- *Eat something tasty*
- *Laugh*
- *Have a hot drink*

- *Get some rest*
- *Light a candle (safely)*

And my favorite, since I have three new kitties…

- *Pet an animal*

Size doesn’t matter here – a hamster or gerbil can be just as calming as a Great Dane or a pony. If you don’t have a pet at home, you could visit a city farm or petting zoo, ask an animal-loving friend if you can visit, or just go on a walk around your neighbourhood in hope of encountering a furry friend.

The full list and explanation is here.

However, I do know one thing that can help nearly everyone relax.

A campfire.

And just in case you don’t have any tinder in the vicinity, Pedro the Mailburo can help.

Crackling Campfire at Scout Camp – 1 hour of Relaxing Nature Sounds and Pedro the Mailburro

Image: Scouts.org.uk