

RELAXATION TIPS

Relaxation techniques are a great way to help with stress management, both everyday stress and the stress caused by chronic illness or pain. Practicing some simple relaxation techniques on a regular basis can have many benefits such as lowering blood pressure, reducing muscle tension, improving your concentration and mood, improving your sleep quality and lowering levels of fatigue. Below is a couple of options to get you started.

TAKE A BREAK FROM TECHNOLOGY

Technology is great for keeping in touch with people, but sometimes it can become overwhelming. For example that moment when you pick up your phone to find 100 unread messages in your WhatsApp group! Taking a break from technology, however short, can help you relax.

PICTURE YOURSELF SOMEWHERE SERENE

Think of somewhere that makes you happy. It might be somewhere you've been on holiday or somewhere you'd like to go. Close your eyes and think about the details, the colours, the smells. Let your mind wander and your body will relax.



FOCUS ON YOUR BREATHING

Learning to breathe deeply can help you feel calmer and lower your stress levels.

TAKE A BREAK

Taking a short break when you feel stressed or just taking time out from your normal routine can give you space to relax. Read a book or a magazine, watch your favourite TV programme or have a long soak in the bath.

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