

Quick tips on relaxation



Pause for thought

Introduce small moments of relaxation into your day. Take a moment to stop and look around, or close your eyes and listen to the sounds you can hear. Mindfulness techniques like this can help you to feel calmer and more in the moment.

Try a breathing exercise

Gently breathe in through your nose and out through your mouth, keeping the pace slow and regular. Slowly tense then relax all the muscles in your body, starting at your toes and working up to your head. Afterwards just take some time to be still and focus on how your body feels.

Listen to some music

Your favourite tunes can help you to switch off. Tracks with a slower tempo, or designed with relaxation in mind, might be a good choice.

Try active relaxation

Gentle exercise like yoga, tai chi or Pilates, or a stroll in the fresh air, can all give you time to unwind your body and mind. Exercise also releases 'feel-good' hormones, which can help reduce depression and anxiety.

Where are you happiest?

A tropical beach? The park on a sunny day? Imagine you're there. Think of the sounds and smells around you, and how you feel. This can bring back nice memories and help you to unwind.

Keep practising

Don't worry if relaxing doesn't come naturally. Set aside some time every day, or as often as you can, to try relaxing. Find a quiet, warm space where you won't be interrupted, to help keep your mind focused and free from distractions.

For more information visit mind.org.uk/relaxation

Mind Infoline: 0300 123 3393 or text: 86463



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