


Ten Quick, Easy Ways to Relax



Relaxation may feel like a luxury when time is short but that is exactly the time that you need to step back & relax. Never underestimate the power of rest & relaxation to rejuvenate the mind & body. When we feel relaxed & calm we work & manage our home lives more effectively. We cope with life's hurdles more rationally & we handle our relationships better so everyone around us benefits too. This list is meant to be easy to achieve a bit of relaxation wherever you are.

- Breathe deeply & slowly - this stimulates the parasympathetic nervous system to bring the mind & body to a rested, relaxed state. It slows everything down. If your attention is drawn away, bring your focus back to the breath
- If you're in a busy house, take 5-10 minutes away from everyone to focus on you. Check in on yourself to see how you are doing
- Walk to relax, just 10-15 minutes around the block can help to release tension.
- Listen to your favourite music, take time to stop & really listen to it
- Focus all your attention on a simple task, like washing your hands or making a cup of tea. This brings our full attention to the present time & calms our mind
- Write a journal or diary, this can be useful to make sense of our thoughts, reinforce the good things happening in our lives & our achievements
- Think or write down 3 things you are grateful for, often the things we are grateful for are the things or people we see or have everyday
- Sit down for a 10 minute meditation.
- Do something for you, take a bath, paint your nails, read a book, massage your feet or hands
- Stretch, either in a yoga session or literally just stretching upwards, outwards & downwards. This is especially good if you've been sitting at a desk for long periods.

