



# Top Ten Ways to Relax



*Relaxation may feel like a luxury when time is short but don't 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.*

*I wanted the items on the list to be easy to achieve, at home or around your home to reflect the lockdown we are living in.*

- Breathe deeply & slowly - this stimulates the parasympathetic nervous system to bring the mind & body to a rested, relaxed state. It slows everything down. Every time your attention is drawn to something else, bring it back to your breathing.
- 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 20-30 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.

