



Relaxation Exercises

The mind should be allowed some relaxation and finding relaxation techniques that work for us is essential and important for maintaining our well-being. We always should rest when we are weary. Refresh and renew ourselves, our bodies, our mind, and our spirit. We often make tension our central point but relaxation is who we all are. for more information visit our website



3 Relaxation Techniques

For stress relief

DEEP BREATHING

A simple yet powerful relaxation technique, deep breathing involves taking **slow, long, deep breaths** and as you do so, you focus on disengaging your mind from distracting sensations and thoughts. Deep breathing exercises may help activate the parasympathetic nervous system, which controls your body's relaxation response. .

PROGRESSIVE MUSCLE RELAXATION

This technique is similar to body scanning in that it will have you paying **closer attention to different parts of your body and how they react to tension or relaxation**. To begin using this technique, start slowly tensing and relaxing muscle groups, working progressively from your head to your feet. For example, tighten and raise your shoulders for 5 seconds, then slowly release the tension.

BODY SCAN

Body scanning is an element of mindfulness. It allows you to **take time to feel your body as it is**, in any moment, and release feelings of stress and the typical "go-go-go" mentality. You can practice body scanning for different time intervals, because sometimes you may only have time for a 5-minute scan instead of a 10-minute scan, but even a 30 second scan is useful.

WHEN DO WE USE THESE TECHNIQUES?

Relaxation techniques can be used in various situations depending on your needs and preferences

- When you find yourself feeling overwhelmed, stressed, or anxious, relaxation techniques can help you **calm down and regain a sense of balance**.
- Many people find relaxation techniques helpful in **promoting better sleep**.

WHICH RELAXING TECHNIQUE DO YOU PRACTICE?

For more mental health support reach out to us-

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