

Relaxation

Relaxation doesn't have to take up lots of time. Simply taking a few minutes for yourself to do something you enjoy can give you enough space to feel calmer. Try to make a plan for your day or your week...and remember to build in some form of relaxation!

Pause...

Throughout the day stop what you are doing for a minute, let your shoulders drop, breathe in for a count of 7 and out for a count of 11, and let your mind calm down.

Go for a short walk...

Brisk walking releases 'feel good' endorphins, allows you to take in the natural environment, and the fresh air helps you to relax and sleep better...

Focusing on your breath...

Simply breathing and paying attention to the moment for a few minutes every day can help build healthy coping skills and calm anxiety. Try to take a little time to breathe, focus on the present moment and be thoughtful about the small details of where you are and how you are feeling.

Box breathing involves exhaling to a count of four, holding your lungs empty for a count of four, inhaling for four, holding for four, exhaling and beginning the pattern again. Look at any square shape to make this easier.

Body scan meditation involves paying attention to your body. It is a good way of releasing tension you might not even realise you are experiencing.

Belly breathing is when we put one hand on our stomach and one on our chest. Slowly breathe in and feel your stomach expand like a balloon. Slowly breathe out and deflate the balloon.

Mindful cup of tea or coffee (decaf of course!) simply sit and just be in the moment. Take five minutes before the day begins... this is even more important when we are going through a busy or more challenging time.

