

relaxation

tip sheet

Relaxation techniques help you release tension and feel calmer.

People respond to stress in their own way and different relaxation techniques work for different people.

Try the following relaxation techniques to see what works best for you.

Breathing

Find a comfortable place and close your eyes. Take a slow deep breath. Breathe in through the nose for a count of 3.

Breathe out through the mouth for a count of 3.

Everytime you breathe out say "relax" to yourself.

Repeat at least 10 times or until you are feeling calm and relaxed.

Visualisation

Close your eyes and imagine a calm, restful place or situation.

This may be a beach, the bush or a favourite place, whatever is most calming to you.

Try to use as many senses as you can - what does it look like, smell like, sound like and feel like.

Continue for at least 10 minutes.

Muscle Relaxation

Find a comfortable place and close your eyes. Focus on slowly tensing, then relaxing each muscle group in your body. Tense each muscle group for 5 seconds then relax for 15-20 seconds. Focus on the difference between tension and relaxation.

Start with your feet, then move up to your calf muscles, legs, bottom, stomach, chest, arms, hands, neck/shoulder, jaw and face.

Drawing

This is a drawing technique that helps you relax your mind.

Draw a large circle on a piece of paper. Fill the circle with whatever you feel like- lines, spirals, patterns, letters. Don't let the pencil leave the paper unless you are changing your pen/pencil.

Draw for at least 10 minutes.

Relaxation, like any skill, takes practice.
The more you practice, the better you will get.