



Relaxation exercises

Deep breathing

When we are stressed, our breathing becomes faster and shallower. Deep breathing can help you to keep calm and relax. Sit in a comfortable place or lie down on your back. As you breath in count to 4. Hold your breath for 4 seconds. Then exhale for 4 seconds. Hold for 4 seconds. Repeat this until you feel yourself relaxing and becoming calmer.

Art or music therapy

Our creative energies can be a great way to relax. Listening to music can take you to a happier time. Music and lyrics can give you feelings of gratitude and happiness. Unleashing our creative side by participating in some art therapy is an amazing way to relax. Choose your favourite medium and get started. Drawing, writing, painting, acting, paper crafts, making jewellery. Whatever it is that you can create, do it.

Meditation

Mindfulness meditation is a great way to clear your head. Sit in a quiet spot in a comfortable position. Close your eyes and just listen for a few minutes. As thoughts start to come into your head, acknowledge them but do not think about them. Let them pass you by. Just imagine them floating away on a stream, some leaves, or the clouds. Positive or negative, just let the thoughts appear, and then go on their way.

Once the thoughts have gone you can sit for a few minutes just listening to the sounds around you. You can then open your eyes and have a clearer mind.

Visualisation

Sit in a quiet spot. Make sure you are comfortable. Visualise something that relaxes you. The beach, a book, a forest, whatever makes you feel happy and relaxed. Think about how it smells. Think about the sounds you can hear and what you can see. If you were there, what could you feel with your hands? Continue to be in this happy place, thinking positive thoughts, until you feel your stress start to melt away.