

# Relaxation

## Free online information and resources

There are thousands of websites and apps to help you live a healthier lifestyle. We've highlighted a few of the free ones that you might find helpful to support you on your journey to living a fitter, healthier life.

Not technically minded? Don't worry, to access any of the websites we suggest you either:

- Hold down the "Ctrl" key on your keyboard and click on the links (at the bottom of each suggestion); OR
- Copy the link into your browser

Note: If you find any of the links have stopped working please email us at [ci@discovermomenta.com](mailto:ci@discovermomenta.com) and we will update the document for everyone.

# Relaxation

Relaxation means different things to different people. On Momenta it means something very specific – making time to calm your mind and body by using specific exercises that can help you think more clearly and make better decisions and choices. Although more and more information is being made available online it can be hard to find, so we suggest you start with this website. It's been done really well and the exercises are super-easy to find from the main page.

## NHS Fife

This website includes videos on the three different types of relaxation exercises we discuss on Momenta: Deep breathing, Visualisation and Progress muscular relaxation.

Using the link below you'll see a main menu at the top right hand of the page titled "Downloadable Content". Simply click on whichever of the exercises (detailed below) you'd like to try. You can also choose to listen to either a female or male voice.

Deep breathing: Approx. 7 mins

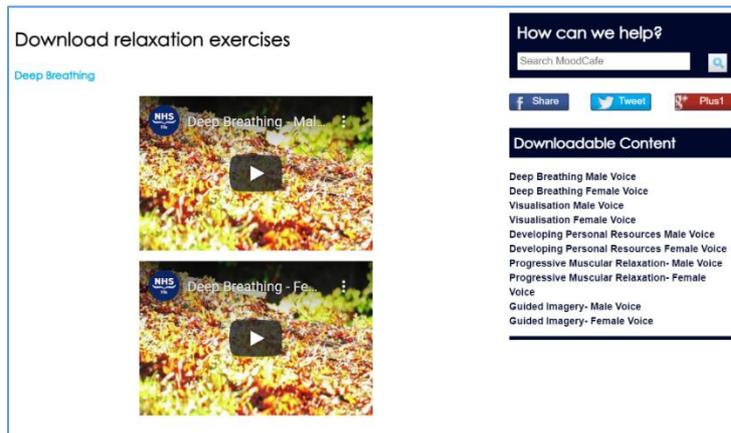
Deep breathing is a simple yet powerful relaxation technique and is the cornerstone of many other relaxation practices. All you really need is a few minutes!

Visualisation: Approx. 5 mins

Visualisation, or guided imagery, requires you to employ not only your visual sense, but also your senses of taste, touch, smell, and hearing. When used as a relaxation technique, visualisation involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety.

Progressive muscle relaxation: Approx. 18 mins

Progressive muscle relaxation involves a two-step process in which you systematically tense and relax different muscle groups in the body. With regular practice it helps you to learn what tension and relaxation feels like. This helps you spot and reduce the first signs of the muscular tension that comes with stress. And as your body relaxes, so will your mind. You can combine deep breathing with progressive muscle relaxation for a more powerful approach to relaxation.



**Safety first!** Before practising this type of relaxation consult with your doctor if you have a history of muscle spasms, back problems, or other serious injuries that may be aggravated by tensing muscles.

<https://www.moodcafe.co.uk/download-relaxation-exercises.aspx>