

Relaxation

Knowing how to relax is very important to keep serenity and to avoid negative stress on our health caused by the pace of life.

Relaxing activities:

During tension moments, sometimes a simple method just like changing the activity can be enough to stay calmed. For example, if your job is sedentary, exercise. Other examples are:

Walk or do physical exercise that you like for at least half an hour.

Breathe freely and slowly.

Yawning, blowing, singing and sighing are relaxing natural responses of the body.

Smiling and laughing break down tensions.

Flexion and extension exercises, or stretching of the joints...

Massaging arms or legs or face, hair and neck.

Taking a warm bath for 10 minutes.

Listening to soft and repetitive music. Reading something captivating and that doesn't produce tension.

Repetitive activities such as ironing, sewing, embroidering, gardening, etc.

Relationships of trust or affection with others, at home or at work, protects us from the stressors.

Specific relaxation method

Choose a quiet not-cold place. It is advisable that you loosen any piece that causes pressure on you. Choose the **position** that is more **comfortable** for you: Lying on a rug or mattress with legs stretched or flexed (with cushions under the knees); Or sitting in a chair with a vertical backrest and an armrest.



Close eyes gently and keep **attention** to perform the following steps. If you have different thoughts at some point, do not worry, let them pass.

Take three deep and slow breaths through your nose and afterwards let the intake and exhalation to become increasingly slow and natural.

Now take a look at your non-altered breathe: note how the belly swells when the air enters, and how it lowers when escaping. This produces a general state of well-being.

Take a mental journey through **your entire body** relaxing each part, first on one side and then the other: feet, legs, abdomen, chest, back, neck, shoulders, arms, hands, head and face, noticing how your tense areas get relaxed when the air leaves your body.

Place your attention again on your breathing and observe how the movements of the stomach continue to be slow, gentle and relaxing. Delight yourself in these sensations for a few minutes, they will give you pleasure and well-being.

Open your eyes, do stretching movements - as if you just woke up - and get up little by little.

Good times to relax:

- When you are feeling tired or tense.
- Before going to sleep.