

Relaxation tips, links to useful online resources:

Often relaxation is taken to mean watching television or films in the evening possibly with a glass of wine or beer after a day at work. However, while this can be enjoyable it does not provide the benefits associated with relaxation techniques such as deep breathing, meditation, rhythmic exercise, and yoga.

Introducing daily or weekly practice of such activities can boost your energy and mood and reduce anxiety and stress.

Here are some suggested websites and online resources that offer short techniques to try out. Try a few, see what works for you and go from there. Keep a track of what helps and consider when you can fit them into your life.

Experts recommend that you spend 10-20 minutes on these exercises to achieve the benefits:

- Progressive muscle relaxation

<https://www.youtube.com/watch?v=ihO02wUzgkc> (14:55)

<https://www.youtube.com/watch?v=59cUi7UeZQ> (21:58)

- Tai chi (for beginners part 1 and 2 of eight instructed videos)

<https://www.youtube.com/watch?v=z99bc-K2ppE> (9:40)

https://www.youtube.com/watch?v=R_oCgD-W5Gg (18:22)

- Yoga

<https://www.youtube.com/watch?v=oBu-pQG6sTY> (30 days of yoga 34:54)

<https://www.youtube.com/watch?v=Ehvu3xK1kW0> (anxiety for yoga 3:49)

<https://www.youtube.com/watch?v=2ymyRJwFtV8> (yoga for men 12:46)

- Deep breathing

<https://www.youtube.com/watch?v=EYQsRBNYdPk> (3:43)

<https://www.youtube.com/watch?v=G4NDfHHuWV8> (3:55)

- For further information this website is helpful

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

You could also try the following tips:

- Focus your attention on your breath during exercise
- Find a scent that you like and that makes you feel relaxed
- Focus on the present moment
- Picture in your mind a location or place that makes you feel peaceful and relaxed. Focus on the details for a moment or two
- Listen to music