

The benefits of relaxation techniques

Regular practice of relaxation techniques can help reduce some of the symptoms of stress and anxiety that many of us experience. They can help boost your wellbeing and can support you in creating a good quality of life.

Practicing relaxation techniques can reduce stress symptoms:

- Slowing your heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Reducing activity of stress hormones
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration and mood
- Lowering fatigue
- Reducing anger and frustration
- Boosting confidence to handle problems

Relaxation decreases the negative effects of stress on both your mind and your body. They can help you to cope with work related stress and stress which results from some health problems like cancer or chronic pain.

Don't forget that these techniques are best used in combination with other health and wellbeing activities like getting a good night sleep and spending time with friends and family.

There are many you can start using today.

References

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368>