

# Relaxation Techniques Pack

Simple tools to calm the body and mind — designed for evening wind-down or any time stress feels high.

## 1. Progressive Muscle Relaxation (PMR)

- Start with your feet: curl toes tight for 5 seconds, then release.
- Calves: tense by pointing toes upwards, hold 5 seconds, release.
- Thighs: squeeze muscles firmly, then relax.
- Hands: clench fists for 5 seconds, then release.
- Arms: tighten biceps, hold, then relax.
- Shoulders: shrug high, hold 5 seconds, drop down.
- Face: scrunch forehead/nose/eyes, hold 5 seconds, relax fully.
- Breathe deeply, noticing the difference between tension and relaxation.

## 2. 4-7-8 Breathing

- Inhale quietly through the nose for 4 seconds.
- Hold the breath for 7 seconds.
- Exhale slowly and fully through the mouth for 8 seconds.
- Repeat up to 4 cycles — it's normal to feel slightly lightheaded at first.

## 3. Body Scan Relaxation

- Lie down or sit comfortably.
- Bring attention to your feet — notice sensations without changing them.
- Slowly move awareness up: calves → thighs → hips → stomach → chest.
- Continue scanning shoulders → arms → hands → neck → face.
- If the mind wanders, gently return focus to the next body part.
- Finish by taking 3 slow breaths, feeling the body as a whole.

## 4. Guided Imagery

- Close your eyes and picture a calm, safe place (forest, beach, or room).
- Engage senses: notice colours, sounds, smells, textures.
- Stay with the image for 2–5 minutes, breathing slowly.
- Return gently to the present by moving fingers and toes.

## 5. Wind-Down Rituals

- Dim the lights 30 minutes before bed.
- Make a warm, caffeine-free drink and hold the cup mindfully.
- Write down tomorrow's top 3 tasks, then put the notebook aside.