

5 Relaxation Tips



It's amazing how much better we think and feel when we're relaxed. To help relieve stress and muscle tension, try one (or all) of MVP Health Care's five relaxation techniques. Whether you sit at a desk or stand for long periods during your work day, these relaxation exercises are easy to do, and they work like a charm. Take a break and take care of yourself today!

Try One of These Quick Techniques When You Need to Relax:

1. Starting with your feet and moving up to the top of your head, focus your awareness on your muscles. If you feel any tension in any of your muscles, consciously "let it go."
2. Imagine that you are a dog shaking water out of your coat. "Shake out" your hands, arms, feet and legs. Shake out your entire body.
3. Reach up and s-t-r-e-t-c-h out your whole body.
4. Take five to ten slow, deep breaths.
5. Close your eyes and pretend that you are in a very peaceful and pleasant place. It could be a beach, the woods, the place you grew up--any place that you feel relaxed. Breathe deeply and imagine you are there. Feel the peace that you normally experience when you are there.

Set a Relaxation Goal for this Week

Somewhere in each 24-hour day there are a handful of minutes when you could relax. Your body needs it. Your mind needs it. You deserve it. But unless you actively schedule a time, you can easily miss out on it.

- Think about which of the five quick relaxation techniques appeals most to you.
- Next, take a moment to think about when you can fit your favorite technique—or techniques—into your day. When do you usually have a few minutes to yourself? In the morning? In the afternoon? After dinner? At bedtime?
- Try using your favorite relaxation technique(s) once a day for a week and feel the results.

Practicing relaxation often is a small investment with a big payoff!

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