

Relaxation Strategies

DEEP BREATHING

When we are anxious our breathing increases causing us to hyperventilate. We commonly experience light headedness, confusion, blurred vision, tingling in our limbs, faster heart rate, sweaty hands and stiff muscles due to taking in too much oxygen. Through engaging in deep breathing it slows your breathing down, decreases anxiety and overall allows you to feel more in control of your body.

TIP: breathe in through your nose for 4 counts, hold the breathe for 2 counts and breathe out for 6 counts. Repeat.

Practice as much as you can, even when your not anxious!

BONUS: DOWNLOAD THE APP SMILING MIND FOR DIRECTIVE AUDIO RECORDINGS

PROGRESSIVE MUSCLE RELAXATION

Our muscles become tense when we are stressed or anxious. Its function is to help us to response to unknown situations, however commonly it just results in us feeling exhausted,

TIP: Slow your breathing, go through each of the below muscle groups (right and left side) and tense the muscle group for 5 seconds and then relax it for 10 seconds.

forearm, upper arm, forehead, eyes, cheeks, mouth, jaw, neck, shoulders, back, chest, stomach, buttocks, upper leg, lower leg, feet.

note: perform in a distraction free and comfortable environment.
practice will help you to become more aware of your muscles and help to relax them.