

### Chapter 1 : Simple Relaxation | Prisoner Self-Help

*For a complete relaxation practice use Simple Relaxation to relax the muscles of the body and the somatic nervous system.*

Controlled breathing not only keeps the mind and body functioning at their best, it can also lower blood pressure, promote feelings of calm and relaxation and help us de-stress. To get to the bottom of the breath work, Greatist spoke to breathing expert Dr. From the confines of a bed, a desk or anyplace where negativity finds its way, consider these six breathing techniques to help keep calm and carry on. Balance can do a body good, beginning with the breath. To start, inhale for a count of four, then exhale for a count of four – all through the nose, which adds a natural resistance to the breath. Got the basic pranayama down? More advanced yogis can aim for six to eight counts per breath with the same goal in mind: When it works best: With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm not the chest inflates with enough air to create a stretch in the lungs. Six to 10 deep, slow breaths per minute for 10 minutes each day to experience immediate reductions to heart rate and blood pressure, McConnell says. Keep at it for six to eight weeks, and those benefits might stick around even longer. Before an exam, or any stressful event. Starting in a comfortable meditative pose, hold the right thumb over the right nostril and inhale deeply through the left nostril. At the peak of inhalation, close off the left nostril with the ring finger, then exhale through the right nostril. Continue the pattern, inhaling through the right nostril, closing it off with the right thumb and exhaling through the left nostril. Ready to brighten up your day from the inside out? This one begins with a long, slow inhale, followed by a quick, powerful exhale generated from the lower belly. Once comfortable with the contraction, up the pace to one inhale-exhale all through the nose every one to two seconds, for a total of 10 breaths. To nix tension from head to toe, close the eyes and focus on tensing and relaxing each muscle group for two to three seconds each. Start with the feet and toes, then move up to the knees, thighs, rear, chest, arms, hands, neck, jaw and eyes – all while maintaining deep, slow breaths. Having trouble staying on track? Anxiety and panic specialist Dr. Patricia Farrell suggests we breathe in through the nose, hold for a count of five while the muscles tense, then breathe out through the mouth on release. At home, at a desk or even on the road. One word of caution: Dizziness is never the goal. If holding the breath ever feels uncomfortable, tone it down to just a few seconds at most. With a coach, therapist or helpful recording as your guide, breathe deeply while focusing on pleasant, positive images to replace any negative thoughts. Pretty much anyplace you can safely close your eyes and let go. Intermediate While stress, frustration, and other daily setbacks will always be there, the good news is, so will our breath. This article has been read and approved by Greatist Experts Dr. Ellen Langer and Rebecca Pacheco. Do you use breath as a way to relax? Tell us in the comments below, or tweet the author at jshakeshaft. Greatist is the fastest-growing fitness, health and happiness start-up. Check out more tips, expert opinion and fun times at Greatist. Subscribe Popular Among Subscribers.

### Chapter 2 : Relaxation Techniques: Using the Relaxation Response to Relieve Stress

*simple-relaxation.*

Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. I recommend three breathing exercises and techniques to help relax and reduce stress: Try each of these breathing exercises and techniques and see how they affect your stress and anxiety levels. Its aim is to raise vital energy and increase alertness. Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise. Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle. Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute. If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this diaphragmatic breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee. The or Relaxing Breath Exercise The breathing exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward. Exhale completely through your mouth, making a whoosh sound. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths. Note that with this breathing technique, you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4: If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4: With practice you can slow it all down and get used to inhaling and exhaling more and more deeply. This breathing exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it, but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass. Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens “ before you react. Use it whenever you are aware of internal tension or stress. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it. Breath Counting If you want to get a feel for this challenging work, try your hand at breath counting , a deceptively simple breathing technique much used in Zen practice. Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary. Read more tips, recipes, and insights on a wide variety of topics from Dr.

### Chapter 3 : 5 Simple Relaxation Exercises for Children – You are Mom

*If your hectic lifestyle has got you down, WebMD's experts say relaxation techniques can bring you back into balance -- some in 5 minutes or less. Here's what to try.*

Can you set aside a few minutes everyday to completely relax? Sometimes, you may feel self-conscious. That alone is stressful. There are many viable techniques for relaxing. These include deep breathing exercises, self-hypnosis, and guided imagery. Each relaxation technique goal is to produce a natural reaction from the body. We found five easy relaxation exercises that are simple enough for most people to do in a chair or while lying in bed. Place your hand just beneath your navel so you can feel the gentle rise and fall of your belly as you breathe. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count of three after each inhalation and exhalation. Repeat slowly two or three times. Then, feel your entire body relax into the support of your chair. Raise eyebrows up and tense the muscles across the forehead and scalp. Feel the tension build and hold. Take a deep breath. Relax your facial muscles and allow your jaw to open slightly. Let your shoulders drop. Let your arms fall to your sides. Allow your hands to loosen so there are spaces between your fingers. Uncross your legs or ankles. Feel your thighs sink into your chair, letting your legs fall comfortably apart. Feel your shins and calves become heavier and your feet grow roots into the floor. Now, breathe in slowly and breathe out slowly. Observe your abdomen rising and falling with each breath. Inhale and press your navel toward the spine then tense your abdomen. Feel the tension build and hold it. Take in a deep breath. The NIH recognizes the relaxation response as having broad health benefits including the reduction of pain and restoration of sleep. In addition, research on the relaxation response has shown that this simple technique can increase energy and decrease fatigue. It can increase motivation, productivity, and improve decision-making ability, too. The relaxation response lowers stress hormone levels and lowers blood pressure. The relaxation response is your personal ability to make your body release chemicals and brain signals that make your muscles and organs slow down and increase blood flow to the brain.

## Chapter 4 : simple-relaxation

*Deep breathing. With its focus on full, cleansing breaths, deep breathing is a simple yet powerful relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check.*

Give up your everyday stress and learn to achieve mindfulness through the guidance of meditation experts. Find inner peace with this collection of relaxing sounds and courses. Discover the benefits of meditation in your own home or workplace. Free yourself from anxiety and learn how to extinguish the fires of compulsive, self-sabotaging thinking. This is the path towards simplifying your life. Mindfulness curbs stress and anxiety, and enhances the creative parts of your brain. These looping thoughts become a powerful cycle that clouds our judgement and control us. Learn that you are not your thoughts, and overcome the obstacles in your way. Listen to a guided meditation every day and stay disciplined. Explore a rich library of tracks on zen, yoga, mind-hacking and more. This app is your one-stop shop for all your meditation needs. This extensive library of sounds and courses gives you everything you need to support your meditation practice. Both beginners and experts can find new ways to enhance their mindfulness. Binaural beats and nature sounds have been proven to help you relax. Your path to mindfulness begins here. This app is packed full of amazing features to get you meditating: We believe everyone can develop the skills to be the best. This app includes hundreds of hours of guided meditative tracks. We add new stuff weekly. Details about our subscriptions for Audiojoy content are: Please read our privacy policy and terms of use:

**Chapter 5 : Free Relaxation Scripts - Easy Relaxation Techniques to Manage Stress**

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Problems falling asleep, or wake up constantly? Suffer from shortness of breath, sweaty or cold hands and feet, heart palpitations, or a dry mouth? If the answer to most of these questions is yes, you could very well suffer from anxiety. Anxiety is a recognized medical condition. Medical professionals often prescribe medications in order to help patients deal with anxiety. Other treatments that can help calm anxiety symptoms include, not only herbal supplements, but certain relaxation techniques. You can practice relaxation techniques on your own and in the comfort of your own home, whenever you need. Relaxation Techniques for Anxiety

There are several types of treatment for anxiety. One in particular, relaxation techniques, are a great option to try to help control your anxiety. Studies have shown that relaxation techniques for anxiety can also be beneficial for those going through grief or depression. Here are seven simple ways to relieve anxiety and stress, naturally.

**Mindfulness Meditation** Mindfulness meditation is best described as a combination of meditation and breathing exercises. It is usually practiced either laying down or in a comfortable seated position. The aim is to concentrate on your breathing while slowly relaxing the different muscle groups. Start with the feet and progressively work your way up your body, ending with your head. There are lots of ways to practice mindfulness meditation, so feel free to find a strategy that works for you! Sit or lay down in a relaxed position Focus on taking in, holding, and expelling deep breaths Focus on the muscles in your feet, and picture them relaxing Move up your legs to your knees, then thighs Move up further, to your torso, chest, and shoulders Do the same with your fingers and hands, moving up your arms Next concentrate on your neck, facial muscles, and scalp Then focus on your mouth, tongue, and eyes Slowly open your eyes after a few last, deep breaths

**Exercise** Most of us are aware that exercise is good for us. It is a means of controlling weight, building muscle, and it helps prevent certain health problems. However, research also shows that exercise can help with certain mood disorders, including anxiety. Does this mean that you have to train for a marathon in order to control your anxiety? Just thirty minutes of moderate to high-intensity exercise, a few times a week, can be enough to make a difference. Why is exercise such an effective relaxation technique for anxiety? Exercise causes the release of dopamine in the brain. Any sort of rhythmic exercise is great! Walking, running, dancing, or yoga are great forms of free and fun exercise.

**Aromatherapy** Aromatherapy has been proven to have noticeable positive effects on anxiety. For example, in one study, patients recuperating in an intensive care unit were treated with a blend of aromatherapy essential oils: They subsequently showed a vast improvement in reduction of their stress levels, better sleep quality, and faster healing. There are a wide range of essential oils like these that can have positive effects on both the mental and physical symptoms of anxiety.

**Shallow Breathing** This refers to shallow breathing that limits the movement of your diaphragm, instead of deeper breathing that fills the lungs. When you breathe slowly and deeply, all parts of your lungs fill with air. This can lower your blood pressure and decrease anxiety. A person who tends to breathe shallowly never has the bottom portion of their lungs filled with oxygenated air. The result is a faster heart rate, erratic blood pressure, and feelings of anxiety. People who practice deep breathing exercises find that their blood pressure becomes more stable, their heart rate goes down, and many of the symptoms of anxiety start to fade.

**Music** Certain types of music seem to get the blood flowing and your feet tapping. Other kinds of music, on the other hand, evoke feelings of nostalgia, heartache, joy, or even sadness. Most of us shrug this off without even considering the implications. Research, however, finds that certain music has a definite calming effect on those with stress. This goes for both physical and mental stress. Try to find a type of music that you enjoy listening to. That has a tempo that feels like it matches your mood. You could even create different playlists for your different moods and feelings.

**Be Social** There is a strong link between your social activity and stress. People who regularly interact with others – whether it is face-to-face in a social setting or on the telephone – tend to have fewer incidents of anxiety attacks than those who tend to be more reclusive. Being around trusted friends and family can help you feel supported and part of a community. If All Else Fails! Conventional pharmaceuticals for anxiety work well for some people, though not for everyone. One alternative therapy to traditional medicine is

supplements. Usually composed of a combination of herbs, vitamins, and other natural compounds, these supplements can have a positive impact on anxiety sufferers by filling dietary and chemical deficiencies in the body and brain. Consult your doctor or a holistic health practitioner to find out if there is a supplement that could be a good option for you. What Happens During an Anxiety Attack? Besides the noticeable physical symptoms of trembling, fear, and shortness of breath, anxiety also affects your body on a subconscious level. If you were being attacked by a tiger, this would be a life-saver – it would leave you highly alert and ready for action. However, in the case of modern-day anxiety, this self-produced chemical release can simply leave you feeling overly agitated and stressed out. The most frustrating problem is that many people suffering from anxiety often cannot pinpoint what exactly triggers such intense reactions. It can be caused by a myriad of interrelated reasons, ranging from: Of course, this is may be different for everyone. But we can help ourselves by living consciously and naturally. In addition to using herbal supplements, like Tranquilene , being proactive in incorporating relaxation techniques into our daily routines is not only good for controlling anxiety symptoms, but everyday life! Do you sometimes feel overwhelmed by trying to deal with all the stress in your life? What measures do you take to cope? Please feel free to share your experiences in the comments below and contribute to the conversation on stress and anxiety.

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Six relaxation techniques to reduce stress Practicing even a few minutes per day can provide a reserve of inner calm Published: No matter what the cause, stress floods your body with hormones. Your heart pounds, your breathing speeds up, and your muscles tense. This so-called "stress response" is a normal reaction to threatening situations, honed in our prehistory to help us survive threats like an animal attack or a flood. Today, we rarely face these physical dangers, but challenging situations in daily life can set off the stress response. But we can develop healthier ways of responding to them. One way is to invoke the "relaxation response," through a technique first developed in the s at Harvard Medical School by cardiologist Dr. Approaches for preventing and reducing stress. The relaxation response is the opposite of the stress response. With regular practice, you create a well of calm to dip into as the need arises. Following are six relaxation techniques that can help you evoke the relaxation response and reduce stress. In this simple, powerful technique, you take long, slow, deep breaths also known as abdominal or belly breathing. As you breathe, you gently disengage your mind from distracting thoughts and sensations. Breath focus can be especially helpful for people with eating disorders to help them focus on their bodies in a more positive way. However, this technique may not be appropriate for those with health problems that make breathing difficult, such as respiratory ailments or heart failure. This technique blends breath focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there. A body scan can help boost your awareness of the mind-body connection. If you have had a recent surgery that affects your body image or other difficulties with body image, this technique may be less helpful for you. For this technique, you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can find free apps and online recordings of calming scenesâ€”just make sure to choose imagery you find soothing and that has personal significance. Guided imagery may help you reinforce a positive vision of yourself, but it can be difficult for those who have intrusive thoughts or find it hard to conjure up mental images. This form of meditation has enjoyed increasing popularity in recent years. Research suggests it may be helpful for people with anxiety, depression, and pain. Yoga, tai chi, and qigong. These three ancient arts combine rhythmic breathing with a series of postures or flowing movements. The physical aspects of these practices offer a mental focus that can help distract you from racing thoughts. They can also enhance your flexibility and balance. But if you are not normally active, have health problems, or a painful or disabling condition, these relaxation techniques might be too challenging. Check with your doctor before starting them. For this technique, you silently repeat a short prayer or phrase from a prayer while practicing breath focus. This method may be especially appealing if religion or spirituality is meaningful to you. Rather than choosing just one technique, experts recommend sampling several to see which one works best for you. Try to practice for at least 20 minutes a day, although even just a few minutes can help. But the longer and the more often you practice these relaxation techniques, the greater the benefits and the more you can reduce stress.

### Chapter 7 : Breathing Exercise: Three To Try | Breath | Andrew Weil, M.D.

*One of the best things that you can do for your health is to learn some simple exercises for calendrierdelascience.comtion techniques help to keep your body calm and improve your ability to deal with stress.*

Reducing anger and frustration Boosting confidence to handle problems To get the most benefit, use relaxation techniques along with other positive coping methods, such as thinking positively, finding humor, problem-solving, managing time, exercising, getting enough sleep, and reaching out to supportive family and friends. Types of relaxation techniques Health professionals such as complementary health practitioners, doctors and psychotherapists can teach various relaxation techniques. But if you prefer, you can also learn some relaxation techniques on your own. In general, relaxation techniques involve refocusing your attention on something calming and increasing awareness of your body. What matters is that you try to practice relaxation regularly to reap its benefits. Types of relaxation techniques include: Autogenic means something that comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress. You repeat words or suggestions in your mind that may help you relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one. In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group. This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations. In one method of progressive muscle relaxation, you start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat. In this relaxation technique, you may form mental images to take a visual journey to a peaceful, calming place or situation. To relax using visualization, try to incorporate as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body. You may want to close your eyes, sit in a quiet spot, loosen any tight clothing, and concentrate on your breathing. Aim to focus on the present and think positive thoughts. Other relaxation techniques may include:

### Chapter 8 : Simple Relaxation by Pure Relaxation on Amazon Music Unlimited

*Here are seven simple ways to relieve anxiety and stress, naturally. Mindfulness Meditation Mindfulness meditation is best described as a combination of meditation and breathing exercises.*

This guide brings together several different psychological principles and will need to find a place where you will not be disturbed for about 30 minutes. However, you should avoid driving or operating any machinery until you get your orientation back. Decide on what you would like to change or improve – it can be anything you wish from a personality aspect to wanting to achieve something specific. Sit or lie comfortably. If you are sitting, have your feet flat on the floor and your hands flat on your lap. If you prefer to lie down, part your feet by about 18 inches with your hands flat to your side. Take 3 deep breaths. With each inhale, imagine a deep relaxation filling you and with each exhale allow all stress, anxiety and tension to escape. On the third exhale, gently close your eyes. Now imagine each and every muscle group and body part relaxing - letting go right from the top of your head to the tip of your toes. See and feel yourself descending from 10 to 1. With each step, imagine you are relaxing deeper and deeper as you move towards your place of relaxation. See what is around you, noticing the colours and the shapes of any objects. Be aware of the sounds or the silence, of any smells and realise how it feels to be that image. Amplify these feelings and bask in the YOU that you desire to be and are becoming. Truly experience this image as if you are there. When you feel ready to end this session, count from one up to five, imagine yourself becoming refreshed, more powerful and re-energized - mentally, physically and emotionally with every count to open your eyes around the count of 3 or 4, clench your fists and give your arms and legs a shake to wake yourself up again. Try to do this daily to help create the permanent changes that you desire. The more and more you do this, the easier and quicker you will find you are able to go into that very relaxed, hypnotic state. You now have the instructions to a very powerful and life altering process. Believe it, use it and join those of us who have learned to make positive changes in our lives - simply and easily.

### Chapter 9 : Relaxation techniques: Try these steps to reduce stress - Mayo Clinic

*Relaxation is a process that decreases the effects of stress on your mind and body. Relaxation techniques can help you cope with everyday stress and with stress related to various health problems, such as heart disease and pain.*

**The Mental Health Benefits of Exercise: For Depression, Anxiety, and Stress** As with meditation, mindful exercise requires being fully engaged in the present moment—paying attention to how your body feels right now, rather than your daily worries or concerns. And when your mind wanders to other thoughts, gently return your focus to your breathing and movement.

**Visualization** Visualization, or guided imagery, is a variation on traditional meditation that involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety. You can practice visualization on your own or with a therapist or an app or audio download of a therapist guiding you through the imagery. Practicing visualization

Close your eyes and imagine your restful place. Picture it as vividly as you can—everything you can see, hear, smell, taste, and feel. Visualization works best if you incorporate as many sensory details as possible. For example, if you are thinking about a dock on a quiet lake: See the sun setting over the water Hear the birds singing Feel the cool water on your bare feet Taste the fresh, clean air Enjoy the feeling of your worries drifting away as you slowly explore your restful place. When you are ready, gently open your eyes and come back to the present. You may also experience feelings of heaviness in your limbs, muscle twitches, or yawning. Again, these are normal responses. As well as reducing anxiety and stress, yoga can also improve flexibility, strength, balance, and stamina. What type of yoga is best for stress? Although almost all yoga classes end in a relaxation pose, classes that emphasize slow, steady movement, deep breathing, and gentle stretching are best for stress relief. Satyananda is a traditional form of yoga. It features gentle poses, deep relaxation, and meditation, making it suitable for beginners as well as anyone primarily looking for stress reduction. Hatha yoga is also a reasonably gentle way to relieve stress and is suitable for beginners. Alternately, look for labels like gentle, for stress relief, or for beginners when selecting a yoga class. Power yoga, with its intense poses and focus on fitness, is better suited to those looking for stimulation as well as relaxation. Tai chi is a self-paced, non-competitive series of slow, flowing body movements. By focusing your mind on the movements and your breathing, you keep your attention on the present, which clears the mind and leads to a relaxed state. Tai chi is a safe, low-impact option for people of all ages and fitness levels, including older adults and those recovering from injuries. What you may not be aware of is that you can experience many of the same benefits at home or work by practicing self-massage—or trading massages with a loved one. Try taking a few minutes to massage yourself at your desk between tasks, on the couch at the end of a hectic day, or in bed to help you unwind before sleep. To enhance relaxation, you can use aromatic oil, scented lotion, or combine self-massage with mindfulness or deep breathing techniques.

**A five-minute self-massage to relieve stress** A combination of strokes works well to relieve muscle tension. Try gentle chops with the edge of your hands or tapping with fingers or cupped palms. Put fingertip pressure on muscle knots. Knead across muscles, and try long, light, gliding strokes. You can apply these strokes to any part of the body that falls easily within your reach. For a short session like this, try focusing on your neck and head: Start by kneading the muscles at the back of your neck and shoulders. Make a loose fist and drum swiftly up and down the sides and back of your neck. Next, use your thumbs to work tiny circles around the base of your skull. Slowly massage the rest of your scalp with your fingertips. Then tap your fingers against your scalp, moving from the front to the back and then over the sides. Now massage your face. Make a series of tiny circles with your thumbs or fingertips. Pay particular attention to your temples, forehead, and jaw muscles. Use your middle fingers to massage the bridge of your nose and work outward over your eyebrows to your temples. Finally, close your eyes. Cup your hands loosely over your face and inhale and exhale easily for a short while. Most stress experts recommend setting aside at least 10 to 20 minutes a day for your relaxation practice. Set aside time in your daily schedule. If possible, schedule a set time once or twice a day for your practice. Try meditating while commuting on the bus or train, taking a yoga or tai chi break at lunchtime, or practicing mindful walking while exercising your dog. Make use of smartphone apps and other aids. Many people find that smartphone apps or audio downloads can be useful

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in guiding them through different relaxation practices, establishing a regular routine, and keeping track of progress. These techniques are so relaxing that they can make you very sleepy. Avoid practicing close to bedtime or after a heavy meal or alcohol. Expect ups and downs. Sometimes it can take time and practice to start reaping the full rewards of relaxation techniques such as meditation. The more you stick with it, the sooner the results will come. Just get started again and slowly build up to your old momentum. Recommended reading *Stress Management*: Lawrence Robinson, Robert Segal, M.