Relaxation Techniques

Feeling stressed out? Or overwhelmed by the hectic schedule you face each day? Take some time to relax and bring your body system back into stability and balance.

Stress is essential in life – it pushes us to get things done, get our creative juices flowing and challenge ourselves to grow by completing the harder tasks. However, if the stress gets too much and there is not proper relief, one may start to release the pressure in damaging ways such as violence, aggression, drugs and depression, amongst others. With such negative outcomes, it is even more important for us to learn to control our stress level through proper relaxation.

Benefits of relaxation

- Lower blood pressure
- Slowed heart rate and breathing
- Reduce tension to body muscles and chronic pain
- Reduced anger and frustration
- Improved concentration
- Increased confidence

Practicing the right relaxation techniques would help us to control our stress level.

What are some of the relaxation techniques?

- Meditation – settle yourself in a quiet place where you won’t get interrupted for an hour or so. Sit in a comfortable yet upright position and close your eyes. Slowly relax your facial muscles and body muscles. Breathe in deeply through your nose; slowly breathe out through your nose. Keep your mind free from thoughts, focus on a single word/phrase and keep at only that word/phrase.
- Deep breathing – take deep and slow breathes mindfully when doing your work. It helps regulate your heart rate and thinking process.
- Regular exercise – go for a run or two every week. Swimming and cycling helps too.
Tips

- Practice the techniques daily – it gets easier each day
- Expect ups and downs – it’s okay if you missed the practice a day or two, or even weeks.
- Avoid practicing when you are sleepy!

References

http://www.mayoclinic.com/health/relaxation-technique/SR00007

http://helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm

‘Relaxation Techniques’ by HelpingHand Phamplet Series 2009