



Ways of relaxing.....

To relax just means to stop trying so hard! It's about letting yourself be who you are, rather than trying to be someone else.
..... That will only make you feel tense....

Life can be pressured and if you have extra stresses going on it's not surprising that you are feeling tense.

Relaxation is something that you can practice and get better at over time. You don't need to have loads of time – ten mins a day of relaxing on purpose will make a difference.

Noticing when you are not relaxed and being kind to yourself as you find ways to do so will bring a big change in your life

Quick ways to slow down and relax

- ∞ Breathe in for four and out for seven
- ∞ Stop everything that you are doing, sit down & focus on your breathing –
- ∞ Eat something really slowly, use all your senses – look at it, smell it, feel it and then enjoy it's taste.
- ∞ Bury your face in a flower – let the smell take you away from the stress.
- ∞ Do some stretching – when we are stressed our bodies tense up. Just stretching and bending can relax your muscles and help you to feel better
- ∞ Watch something that makes you laugh.

**Give your stress wings and let it fly away
(Terri Guillemets)**

Let yourself be you – make a list of things that you like and make time to enjoy them. Notice when you are putting pressure on yourself and stop! Your thoughts affect how you feel so remind yourself that you really are ok as you are. Check out [here](#) for ideas on how to deal with different feelings and [here](#) for information on dealing with a busy mind.