

Relaxation Techniques



Deep breathing: Take slow, deep breaths, focusing on inhaling and exhaling fully.

Progressive muscle relaxation: Tense and then relax each muscle group in your body, starting from your toes and working your way up to your head.



Visualization: Close your eyes and imagine a peaceful scene or scenario, engaging your senses to immerse yourself in the experience.

Guided imagery: Listen to recordings or guides that lead you through relaxation exercises or visualize calming scenes.



Meditation/Meditation apps: Utilize smartphone apps, such as *Calm* and *Headspace* that guide you through relaxation exercises and provide soothing sounds or music.

Aromatherapy: Use essential oils or scented candles to create a relaxing atmosphere and stimulate your senses.



Listen to calming music: Listening to gentle or instrumental music to reduces stress and promotes relaxation.

Yoga, stretches, going on a walk: Try light movements to unwind, release tension, and warm up the muscles to help you feel relaxed and at ease.