

Relaxation Techniques

Deep Breathing

- ▶ Deep breathing exercises take only a few seconds, no matter where you are.
- ▶ It is particularly helpful at stressful times, and also practise it at regular intervals throughout the day.
- ▶ When learning the technique it is a good idea to try it when you are feeling calm.



NB: Need to take time to learn the skill before you can use it when stressed.

Useful Links for practise:

Scripts:

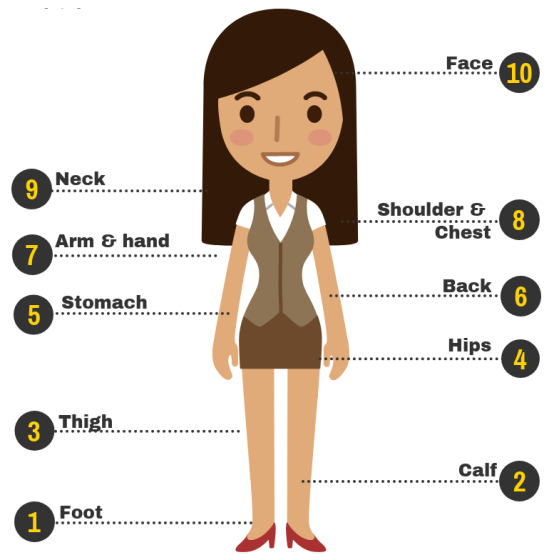
- ▶ <https://www.getselfhelp.co.uk/docs/MindfulBreathing.pdf>
- ▶ <https://www.headspace.com/meditation/breathing-exercises>

Videos:

- ▶ <https://www.youtube.com/watch?v=Wemm-i6XHr8>
- ▶ https://www.youtube.com/watch?v=23K_IFus09w

Progressive Muscle Relaxation

- ▶ Progressive Muscle relaxation is an exercise that reduces stress and anxiety in your body by having you slowly tense and then relax each muscle.
- ▶ Be careful not to strain a muscle and skip areas if you have any pain or injuries.



Scripts:

- ▶ <https://www.therapistaid.com/worksheets/progressive-muscle-relaxation-script.pdf>
- ▶ <https://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>

Videos:

- ▶ <https://www.youtube.com/watch?v=1nZEdgcGVzo>
- ▶ <https://www.youtube.com/watch?v=ihO02wUzgkc>