

SJT - Looking after me



Relaxation

Relaxation



What does it mean to 'relax'?

How often do you set aside time to relax?

What do you do to relax?

Relaxation



When you are stressed your muscles can become tight and tense.

Breathing exercises can help release some of this tension and help your muscles to relax

This video clip will show you how to breathe to promote relaxation and reduce stress

<https://youtu.be/Wemm-i6XHr8>

Relaxation



Colour, creativity and movement can help you feel relaxed by distracting you from worrying thoughts, stimulating your senses and giving you an outlet and focus for your emotions

Not all of us are creative naturally but I am sure we can all manage some doodling.

https://youtu.be/g_R9CoASHdI

Relaxation



We have looked closely at two techniques for relaxing but there are many more for you to consider.

<https://youtu.be/cyEdZ23Cp1E>

When was the last time you set aside time to relax?

Try at least one of these activities over the next week.