

Sarah-J

BECOME YOUR BEST

15+ RELAXATION TECHNIQUES

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INTRODUCTION[1]

To assess your situation clearly and plot a vision for your future, it's best if you are relaxed. Stress is a killer when it comes to career reinvention, and can lead you to take the wrong decisions at every point. So, don't let this be you! Inside the group, I will provide you with 15+ relaxation techniques that you can use at any point along the way to de-stress and start feeling positive again!

15+ RELAXATION TECHNIQUES

01 Exercise often – when frustrations get you down, and you feel like sinking on the sofa – get some exercise – get those endorphins flowing. What exercise do you love – what would you like to try?



02 Be around positive people who relax you – friends, family – be around positive people.



03 Get some fresh air. Change the scenery. Get outside and take some deep breaths.



04 Stop. Just Stop. Take a Deep Breath. Take several deep breaths to calm yourself down.



05 Mindfulness – stop and be in the moment. Practise mindful eating, walking – focus on the moment.



06 Meditate – try for a few minutes each day and build up. There are plenty of exercises online, or try meditating in silence. Let any thought just go – don't attach to them. The more you mediate, the more relaxed you will feel. Meditation gives you space between your thoughts, and stops you reacting.



07 Doodle. Doodle allows our minds to relax. You don't have to be a great artist, just take a pen, paper and just doodle. Switch off!



08 How do you feel, just write down or think about three things you love? It can be anything!



09 Daydream, just switch off, lay back and daydream, let your mind wander.



10 Get a rebounder, this is a small trampoline, and just spend a few minutes jumping on it when you feel you need to switch off. It has numerous health benefits and improves balance! It circulates oxygen through the body!



11 Close your eyes, think about your day yesterday, scan the day from the morning through to the evening. Try and focus on the good elements of the day, if bad memories come up, try and let them go, and notice what's going well right now.



12 Breathe equally through each side of your nose. With your body relaxed: breathing through your nose: B=breathe in for the count of 4 • Breathe out for the count of 4 • Repeat 10 times – one side to the other, hold the othe nostril closed.



13 Get plenty of sleep – sleep feeds our minds to ensure you are getting enough! The average person needs 8 hours a night.



14 Have plenty of down time - just stop what you are doing and relax... do nothing!



15 Socialise – go out, have fun and connect with friends and laugh and play.



16 Turn off electronics. Turn off the phone for an hour or so, totally switch off. Avoid too much TV.



17 Picture yourself somewhere else, somewhere you love, picture it, what do you see, hear and smell, who are you with?



18 Get out into nature – spend time in the fresh air and nature, walk through a park, get outside.



Let me know if you have any tips that also work for you! And keep going!

Sarah

[1] Please ensure there are no medical reasons that prevent you from any exercise, meditation or breathing exercises! If you are concerned, speak to your health care professional.