

Relaxation

EXERCISES

Aim to complete relaxation exercises as often as possible, ideally on a daily basis. Here are two types of relaxation exercises you can try performing.

ABDOMINAL BREATHING

Start seated or lying for full relaxation. Place one hand on your chest and the other on your belly; take a deep breath in through the nose for a count of 2, ensuring the diaphragm (not the chest) rises. Then breathe out slowly through the mouth for a count of 4. Adapt the counts based on your comfort.

PROGRESSIVE MUSCLE RELAXATION

Start seated or lying for full relaxation. The aim is to become more aware of the tension within your muscles so you can appreciate when they relax. Tense and then relax each of the muscle groups for 2-3 seconds. Start with the feet and toes, then move up to the bottom, stomach, shoulders, arms, hands, neck and jaw. It is important to maintain deep, slow breaths throughout.

The more often you practice relaxation exercises, the more natural and comfortable they will become.