

Emergency tips for relaxing - to get your mind off a problem.

Relaxation is a powerful medicine. It speeds recovery from all kinds of illnesses, and can help prevent them in the first place.

Relaxing clears the mind and frees up energy.

5 Seconds to spare: Silently tell yourself 'I'm doing well' and 'I can easily cope with this'. Never mind if you don't believe it - say it as if you do. Repeat it a few times whenever you think of it. If you start hearing inner voices arguing with you, imagine them as coming from a radio and then turn them off.

Ten Seconds to spare: Stand straight and breathe in through your nose as you stretch your arms above your head, palms together. As you start breathing out through your mouth, turn the palms out and slowly bring the arms down beside you, reaching out with the fingertips. As your arms come down, tell yourself 'I am perfectly calm.'
If people are around, just pinch the web between your thumb and first finger (don't do this if you are pregnant) and breathe deeply.

Twenty Seconds to spare: with feet apart, breathe in deeply while you stand on your toes and clench all your muscles. Breathing out slowly while you sink to the floor, let everything relax. Don't get stressed if you can't balance on your toes, just do all the rest.

Half a minute to spare: Scrunch your face into a wicked scowl. Relax with your mouth hanging open. Repeat this two or three times, then put on a smile even if you don't feel like it. Massage your scalp in little circles with the pads of your fingers. Relaxing the face and scalp keeps tension headaches at bay while the very movement of smiling sends calming signals to the brain.

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Relaxation

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What Is Stress?

Stress can be defined as the experience of unpleasant over or under stimulation which actually, or potentially, leads to ill health.

Approximately 70% of disorders can be related to stress and nerve tension.

Stress is part and parcel of our existence. It can come with both positive and negative experiences. A certain amount of stress is necessary for an active, healthy life, however high levels of stress can become maladaptive and potentially harmful

A certain amount of stress is essential for life. As human beings we need the stress response to live, work, strive to improve ourselves, complete tasks and excel at different levels. It is however important to stay in the positive stress phase by balancing stressful periods with restorative rest periods. Ill-adapted, unmanaged acute and chronic stress needs to be prevented and controlled.

Benefits of Mastering Relaxation

Relaxation can be learnt by anyone and it can be applied in everyday life. It involves no drugs, nor difficult exercise and it costs nothing.

- # *Relaxation can reduce the stress response.*
- # *Relaxation can reduce pain.*
- # *Relaxation can reduce fatigue.*
- # *Relaxation can promote sleep.*
- # *Relaxation can improve personal relationships.*
- # *Relaxation can increase self-esteem through self-awareness and this increases self-confidence.*

Meditation

Meditation is a very effective method of relaxation. The idea is to focus your thoughts on one relaxing thing for a period of time. This rests the mind by diverting it from thinking about the problems you face. It gives your body time to relax and recuperate and clear away toxins that may have built up through stress, mental and physical activity.

The importance of correct breathing cannot be over stated. Correct use of the breath can help towards alleviating stress. It can assist in relaxing the body almost immediately.

Meditation can help bring a state of inner harmony to the body, mind & soul. It is a way to bring balance to our lives in this ever quicken pace around us. It can help bring a sense of calmness that is able to engulf our whole. It can disperse into our environment, changing the way we view situations, helping us to have a clearer more understanding approach to friends, family and those we come in contact with.

There are numerous forms of meditations, from using mantras, mudras, visualisations, movement, our breath and more. Once a part of our lives meditation can be used in the home, on a crowded bus or in a busy work place, helping to reduce stress and bring to ourselves a greater state of awareness and tranquility.

And you don't need to take all day to do it, just a quick relaxer of 5 mins or 20 mins will freshen your being and bring nourishment to your whole. Such benefits of meditation come from regular use and as with all things in life the more you practice the better you will become.

Meditation can have the following Effects.

- Slows breathing**
- Reduces blood pressure**
- Helps muscles to relax**
- Gives the body time to eliminate lactic acid and other waste products**
- Reduces anxiety**
- Eliminates stressful thoughts**
- Helps with clear thinking**
- Helps us focus and concentrate better**
- Reduces irritability**
- Reduces stress headaches**