

Relaxation

is freedom from stress.

There are many great benefits of relaxation.

It improves physical & mental health. It helps control your response to stress, enhances balance & flexibility, & increases energy, confidence, courage, motivation, creativity & productivity in your life.

Relaxation Techniques take time & practice. Find what's right for you!

Mindfulness - Learn to be present in the moment.

Stretching - Keeps muscles flexible & helps you relax. Relieves tension in your head, neck, shoulders - the muscle groups most affected by stress.

Meditation - Calm your thoughts by focusing your mind on one thing.

Deep Breathing/Abdominal Breathing - Helps quiet the mind, relax the body & ease pain. It can help with anxiety/panic attacks, depression, anger, headaches & fatigue.

Progressive Muscle Relaxation - To relax you need to be aware of how it feels to be tense.

Visualization/Guided Imagery - Mental images to help you relax, reduce pain & sleep better.

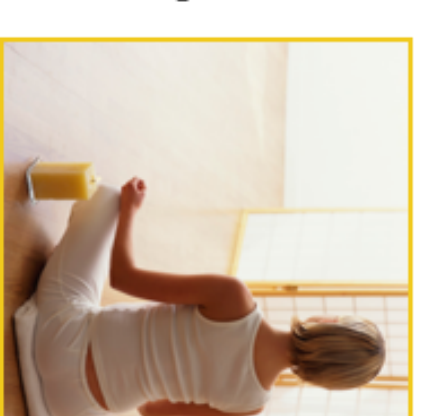
Massage Therapy - Releases muscle tension, promoting relaxation & helps with pain relief.

Aromatherapy - Uses essential oils (plant & flower fragrances) to balance mind & body.

Positive Self-Talk – Have a positive attitude to help diffuse stress & improve overall health.

Laughter improves self confidence, helps release pent-up feelings & minimizes negative emotions.

Pets reduce loneliness, relieve stress & depression, boost self esteem & help you adjust to life changes.



Habits to Avoid

Smoking, drinking alcohol & using other drugs do not help with long-term relaxation.

Eating unhealthy foods also makes you more vulnerable to stress.

Lack of sleep adds to stress & poor concentration.

For more information or support, contact your local

Mental Health & Addiction Services Office.

Mental Health Crisis Line
1-888-737-4668

NL Health Line
1-888-709-2929



See Handouts for a detailed description of Relaxation Techniques.