

Taking time to Relax

Simple relaxation strategies that you can start at home...

Why is relaxation important?

- Regular practice of basic relaxation techniques can assist you in relieving muscle tension, reduce anxiety and improve your overall wellbeing.
- Your body often responds to worrying situations & anxious thoughts with muscle tension. Long term & constant muscle tension can result in a range of unpleasant consequences including headaches, crankiness, sleeping & heart problems.
- Simple relaxation exercises can boost your mood, improve your decision making processes and allow you think more clearly and rationally when problem solving.



Ready to Relax

- Progressive muscle relaxation is an easy way to settle your body, mind & thoughts.
- To begin - loosen any tight clothing or jewellery, sit or lie comfortably in a quiet place where you won't be disturbed for 20 minutes or so.
- Start on one foot & mentally tell yourself to relax your big toe, move on to your other toes & one at a time in your mind tell them to relax. Follow with your feet, ankles, shins, knees, thighs & so on slowly working your way up to your head.
- You can also complete this technique by gently tightening & slowly releasing your muscles in the same order moving up your body. Repeat exercises daily for best results.



Balancing your Lifestyle

- Relaxation is easy and simple to do and can be a real asset in managing stress.
- You can also practice deep breathing exercises by taking a long slow breath in through your nose & holding it for 5 seconds and exhaling slowly. Repeat for 10-15 cycles. Stop if you feel light headed.
- Many rural people work long, hard hours and finding time to enjoy our hobbies often gets neglected when things are hectic. Its important to schedule time for the things that you enjoy doing. Interests like music, arts, photography, sports or reading aren't just enjoyable but they are also a vital part of keeping well.



Monday Motivation is presented to you by Suncare Community Services - Drought Relief Program

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