

MENTAL HEALTH AND WELLBEING

Relaxation techniques

At this busy time of year it is a good idea to build in some time for relaxation. There are lots of different kinds of relaxation techniques that you can try out. Lots of people find these helpful particularly when they are feeling overwhelmed, stressed or anxious. Relaxation techniques are also often recommended in a lot of therapies.

A few different types of relaxation techniques are:

- Slowing down your breathing
- Progressive Muscle Relaxation
- Guided Visualisation
- Repeating Mantras to yourself (e.g I can handle whatever comes my way)

'Relaxation is a big one I use when I notice my thoughts speeding up...I try to just go with it and see what happens, not being too bothered about the small things or if I feel self-conscious.'

There are a range of apps you may wish to try with your children including the free NHS 'Chill Panda' app. For adults there is 'calm' and 'Headspace.' If you work in education you can access headspace for free for one year - <https://www.headspace.com/educators> Staff at school have found it incredible beneficial!

Have a relaxing weekend!

Natalie Rosell Hughes

MindUp Lead