

Relaxation Techniques

Complete health is achieved with a balance of mind, body and soul. Our state of mind plays an important role in our state of health. Stress can be a major contributor to feeling tired and run down. Meditation can make you feel great, relieve tension and stress, smooth out worry lines and put a sparkle back into your eyes.

Tips On Meditation

- Don't attempt to meditate on a full stomach, or if you're hungry. Find a quiet spot where you won't be disturbed. Unplug your phone, draw the curtains and dim the lights. Lie or sit comfortably with your hands in your lap or by your side. Make sure your body is relaxed, uncross your arms and legs and straighten your spine.
- Breathe gently and imagine your whole body relaxing. Start with the top of your head, then move your way down your body. When you breathe out, focus on the word RELAX.
- Meditation is aimed to stop stimulating thoughts and niggling problems from taking up mind space. The best way to relax is to concentrate on one calm thought. Keep repeating the word Relax over in your mind.
- Allow your breathing to settle into a natural rhythm. Focus on your breath: feel the air as it enters your nostrils moving down to fill the lungs; rest a moment then let it go gently, emptying your body. Try to breathe from the abdomen rather than chest and feel your tummy swell as you inhale. Count slowly as you breathe: count to four as you inhale, rest for a beat or two, then exhale on four.
- Whenever a distracting thought breaks in, simply acknowledge it and let it go. Experts suggest you can achieve this by transforming the thought into a cloud and then imagine it just floating away.
- Start with a couple of minutes per day and gradually build up to spend longer with your new meditation technique. Don't worry if you feel you cannot focus at first, just keep on practising.
- Do your best to establish a regular time of day to practice. Try and find the best time for you - once you know when you can best relax, incorporating meditation into your routine does become possible.