

#### DISCLAIMER

Before you start any type of exercise or diet plan it is essential to always check with your doctor what is safe for you to do. This ensures that individual clients health needs are taken into account

# Comfortable Wellbeing

- Aim to keep stress to a minimum

It is important to find time for yourself and relax if you can. This can be as simple as a peaceful bath or listening to a favourite piece of music.

- Enjoy your life

Try to balance tasks you have to do with things you enjoy doing. This may help lift your mood.

- Spend time with people you like and who make you feel good

Aim to minimise time spent with those who are negative towards you, make unreasonable demands and who's company you don't really enjoy!

- Deep breathing

Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach. Breathe in through your nose. Imagine a coloured balloon inflating in your stomach. The hand on your stomach should rise. The hand on your chest should move very little.

Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.

Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

- Progressive muscle relaxation

It involves a two-step process in which you systematically tense and relax different muscle groups in the body.

Most progressive muscle relaxation starts at the feet and work their way up to the face.

## • Mindfulness meditation

Mindfulness is the quality of being fully engaged in the present moment, without analysing or otherwise 'over-thinking' the experience. Rather than worrying about the future or dwelling on the past, mindfulness meditation switches the focus to what's happening right now.

## • Guided imagery for stress relief

Visualisation, or *guided imagery*, is a variation on traditional meditation that can help relieve stress. When used as a relaxation technique, guided imagery involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety.

Choose whatever setting is most calming to you, whether a beautiful beach, a favourite childhood spot, or a quiet wood. You can do this visualization exercise on its own or with music or sound. Close your eyes and let your worries drift away. Imagine your restful place. Picture it as vividly as you can—everything you can **see, hear, smell, and feel**. Guided imagery works best if you incorporate as many sensory details as possible. For example, if you are thinking about a favourite place

**See...** the sun setting over the water

**Hear ...**the birds singing

**Smell...** the pine trees

**Feel ...**the cool water on your bare feet

**Taste ...**the fresh, clean air

## • Massage therapy for stress relief

Getting a massage provides deep relaxation, and as the muscles in your body relaxes, so does your overstressed mind.

## • Keep things in Perspective

Everyone has bad days, this is normal and setbacks are part of recovery. Avoid letting small worries get out of hand. Writing things down may help clear your thoughts and prevent things from building up inside. Use what you have learned and always remember your gains.

## • Get regular and quality sleep

Try to aim for a good quality regular sleep pattern as this will prepare you for the day ahead.