

Relaxation



St Oswald's
Hospice

It can be helpful to try to remember the things that you usually do to help you relax and unwind. Where possible, take the time to do them, e.g. going out into the fresh air, cooking, listening to music or watching something funny. You may have to adapt some of these things in the current situation and while they may not be as good as before, it will be better for you than not doing them at all.

Learning to relax your bodies can help reduce physical tension and make you feel less stressed. It can help you to feel calm and better able to focus on the present moment. Using relaxation techniques regularly or every once in a while can help. You might find that relaxation techniques work quickly for you, or you may have to practice them over time before they start to work.

Below are exercises for relaxing your body and for mindful breathing. Try to sit somewhere comfortable, or lie on the bed, maybe switch off your phone for a while and give them a go!

Click on the links below for different relaxation exercises:

- [Belly Breathing](#)
- [Deep Relaxation](#)
- [Quick Relaxation](#)
- [The video](#) on Youtube is of the Hand 'M' technique massage demonstrated by Beatrix veal from St. Michaels Hospice. This technique is a very gentle way of touching someone's hand which is taken from a sequence called the M Technique. This technique aims to trigger a rapid relaxation response in the least invasive way.

