

RELAXATION

Stress can help you accomplish more tasks. However, when a person is unable to perform or cope with a situation, it leads to distress which causes health-related concerns. Some physical signs of stress are:



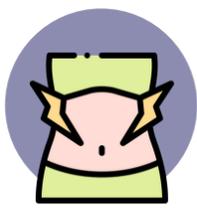
Aches & pain



Headaches



Heart pounding



Stomach upsets



Dizziness



Fatigue/ Lethargy

Read on to learn relaxing techniques to relieve tension and stress.

PROGRESSIVE MUSCLE RELAXATION

POSITION

Sitting or lying down

DO

- ✓ Wear loose clothing
- ✓ Concentrate on only one targeted part of your body at a time
- ✓ As you follow the sequence, breathe in deeply through your nostrils and exhale through your mouth slowly
- ✓ In each step, hold the action for 5 seconds and slowly relax, complete each step twice

NOTE

Feeling pain at any targeted muscle groups? Move on to the next step.

1. Raise your eyebrows as high as possible
2. Shut your eyes tightly
3. Open your mouth as wide as you can, as if when you are yawning
4. Gently pull your head back to look at the ceiling
5. Bring your shoulders up towards your ears and tighten shoulder muscles
6. Clench your fists
7. Raise your elbows and flex your arm muscles
8. Tuck in your stomach
9. Tighten your thighs
10. Tighten your buttocks by squeezing them together
11. Pull your toes towards you and feel the tension in your calves
12. Curl your toes downwards

DEEP BREATHING

POSITION

Sitting or lying down

DO

- ✓ Wear loose clothing
- ✓ When in stress; take a pause, close your eyes, and practice deep breathing
- ✓ Practice frequently: in the shower, at your desk, just before you go to bed...

1. Put your right hand at the belly button of your abdomen and your left hand at the centre of your chest.
2. Take a deep breath slowly through your nose, counting from 1 to 4 silently. You should feel your abdomen rise with your right hand as your lungs fill with air. Your left hand on your chest should not move much.
3. Breathe out slowly through your nose counting backwards from 4 to 1 silently.
4. Repeat steps 2 and 3 a few times until you feel relaxed.