

Lesson 4

Pamper and Relax

Introduction

I'm calm. What about you?

My secret? Despite my busy life, I prioritise relaxation, as I understand how it works.

Relaxing every day and sometimes three times a day melts away the strains and stresses. It affords you the balance you need to stable your mood, take life in your stride, and experience joyful moments.

Building time for your relaxation is as important as food! I'm sure you wouldn't go a day without a meal? But what about down time? What do you actually know about relaxation methods?

Science

Studies show that relaxation approaches like guided imagery, progressive muscle relaxation, and biofeedback are proven to reduce stress. Meditation, including those that involve movement, like yoga and tai chi also promote relaxation.

Relaxation strategies help numerous health conditions, including anxiety relating to illnesses and medical procedures, and insomnia. They are also effective in treating chronic headaches.

When utilising relaxation as a therapeutic tool, the goal is common among all approaches. It's to bring about the body's natural relaxation response. This might be observed through slower breathing, lower blood pressure, and a feeling of improved well-being.

Experts advise that relaxation approaches are generally safe, however, before engaging in them, advice from your medical practitioner should be sought. This is especially valid if you have any underlying health conditions, especially, psychiatric illness, epilepsy, and heart disease.

Value

Setting time aside to relax enhances your wellbeing, resets your emotional dial for tolerating difficult situations, and recharges your batteries so that you're fighting fit to manage the next thing that comes your way.

Concentrating on what you can control, namely, how you relax, is more conducive to your emotional health than focusing on what falls outside of your control.

Give yourself chance to feel good, feel refreshed, and feel strong, to make way for those opportunities that you'll want to grab with both hands and achieve your dream.

Exercise video

You'll need 5 minutes for this exercise.

Guided meditation - Sunrise

If you'd like to rest as it's only just sunrise, try this guided meditation.

Let's begin by noticing the ebb and flow of our breathing ... and the rise and fall of our abdomen.

Noticing any sounds that we're making, or sounds from the things around us. We might hear the humming of the fridge, the ticking of a clock, or the snoring of our dogs.

Scanning our body from head to toe noting all its contact points with the bed or chair.

We feel heaviness in our legs, arms, neck, shoulders and head. Our eyelids weigh heavy and we allow them to close, surrendering to our sleepiness.

In our mind, as the world starts to awake, we see twinkling lights in the distance as we look out from the window in our house on the hill. The stillness of the fields, in their assortment of greens and browns. The slow movement of the cloud-peppered sky, with glimpses of pink, blue and grey. The dew on the grass.

The effortless trickle of the fountain in the pond. The subtle swaying of the pond's grasses. The rocking of the lofty bamboo as it leans against the trellis that supports its whimsical figure.

The pigeon that's sat on the telegraph wire observing the world in its quietness before life's volume gets turned up. The distant rumble of an aeroplane as it passes.

Imagining the smell of the perfumed fragrance of the rose bush that's planted nearby.

Engaging in this wondrous picture. We sit and gaze at the beauty of our earth. Nature surrounds us, wrapping us in its warmth.

Music

End

Wrap

The difference between feeling frazzled and feeling relaxed is a bath tub away, a country park a walk away, an interesting book a read away. These are all things that don't cost much and that you can put into practice easily and timely.

A calm mind beats loud fists in any fight, so grab that meditation app and absorb yourself in the loveliness of soothing sounds, allowing your stresses to float away one by one.

CTA

Find your way of relaxing and build it into your week at least once a day. You'll wonder why you've left it this long before now.