

Top Tips

Relaxation

- Give yourself permission to relax – put yourself first, you deserve it
- Make 10 minutes a day to practice relaxation. It is a skill to be learnt and it is common for the mind to wander when you are first starting out, so don't give up!
- Find a quiet and secure environment where you will preferably not be disturbed
- Sit or lie down in a comfortable place and position
- Begin by concentrating on your breathing by taking a deep breath in and then exhale. Repeat this several times
- Focus on relaxing the muscles in your neck, shoulders and back
- Try to picture in your mind a relaxing place like the beach, a woodland or a secret garden
- Continue to visualise this image until you feel relaxed and at ease with yourself
- It takes time to develop the skill of relaxation. With persistence you can:
 - Feel better about yourself
 - Cope better with pressure and stress
 - Feel more in control of your thoughts
- It may benefit you to engage in activities such as meditation and yoga on a regular basis

**“Take rest; a field that has rested
gives a bountiful crop”**

Ovid

Useful websites

www.mind.org.uk

www.bbc.co.uk/health/emotional_health/mental_health/coping_relaxation.shtml

www.moodjuice.scot.nhs.uk/relaxation.asp

www.livinglifetothefull.co.uk

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



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