

# The Good Relaxation Guide

## Dealing with physical tension

- Value times of relaxation. Think of them as essentials not extras. Give relaxation some of your best time, not just what's left over
- Build relaxing things into your lifestyle every day and take your time. Don't rush. Don't try too hard
- Learn a relaxation routine, but don't expect to learn without practise
- Tension can show itself in many different ways – aches, stiffness, heart racing, stomach churning. Try not to worry about this
- Keep fit. Physical exercise, such as a regular brisk walk or a swim, can help to relieve tension

## Dealing with worry

- Accept that worry can be normal and that it can be useful. Some people worry more than others but everyone worries sometimes
- Share your worries. Your friends or GP
- Doing crosswords, reading, taking up a hobby or an interest can all keep your mind active and positive. You can block out worrying thoughts by mentally repeating a comforting phrase.
- Practise enjoying quiet moments; e.g. sitting listening to relaxing music. Allow your mind to wander and try to picture yourself in pleasant, enjoyable situations
- Try writing down your concerns and decide which ones are more important by rating each out of ten
- Work out a plan of action for each problem

## Dealing with difficult situations

- Try to build up your confidence. Try not to avoid situations where you feel more anxious. A step by step approach is best to help you face things and places which make you feel tense. Regular practice will help you overcome your anxiety
- Make a written plan and decide how you are going to deal with difficult situations.
- Reward yourself for your successes. Tell others we all need encouragement.
- Your symptoms may return as you face up to difficult situations. Keep trying and they should become less troublesome as your confidence grows.
- Everyone has good and bad days. Expect to have more good days as time goes on.