



How to Relax





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What is relaxation?



Relaxation is something you
can do to make you feel less
anxious or stressed

You can relax by doing something you enjoy like:



Watching TV



Having a shower



Listening to music

What is relaxation?



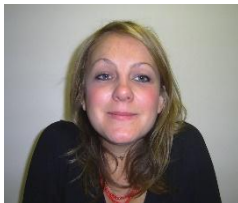
There are some other things you
can do to help you relax

These things are called relaxation
techniques

There are 3 main types of relaxation therapy



1. Deep breathing



2. Relaxing your
muscles



3. Thinking of a place that
makes you feel calm



This leaflet will tell you about these
types of relaxation

You can try them if you want

Deep Breathing

5



1. Deep Breathing



When people are stressed, worried or anxious they often take quick and short breaths



Breathing this way can make you feel worse



Deep breathing can help you to feel calm and in control again



You could do deep breathing on your own or you can ask someone you know well to practice deep breathing with you

This is how you can do deep breathing



Lie down flat on your bed or the floor



Put one hand on your stomach just above your belly button



Put the other hand on your chest



Look at your hands moving up and down as you are breathing



Breathe in slowly through your nose and try to hold it for a few seconds before breathing out through your mouth



The hand on your stomach should move up and down and the hand on your chest should hardly move

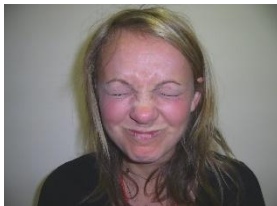


Practise this breathing for 5 - 10 minutes and notice how much calmer you feel

2. Relaxing your muscles



This is how you can relax your muscles



In muscle relaxation you make
your muscles tense and then
relax them

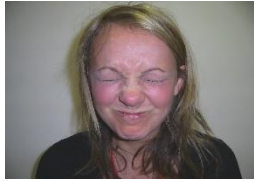


It can help you to learn the difference
between feeling tense and feeling relaxed



You could ask someone you know well to
practice muscle relaxation with you

Muscle relaxation



Squash your face up
Count 1...2...3... Relax



Lift your shoulders up to your ears
Count 1...2...3...
Drop your shoulders and relax



Clench your fists
Do a strong pose
Count 1...2...3...
Drop your arms and relax



Open your mouth wide
Count 1...2...3...
Close your mouth and relax



Stretch your arms out in front of you
Imagine you are lifting heavy shopping
bags
Count 1...2...3...

Muscle relaxation

To relax your muscles you can



Squeeze a ball in between your legs

Count 1...2...3...

Relax



Squeeze your bottom together

Count 1...2...3...

Relax



Lift your legs

Point your toes away from your body

Count 1...2...3...

Drop your legs and relax



Lift your legs

Point your toes towards your
body

Count 1...2...3...

Thinking of a place that makes you feel calm



Thinking of a place that makes you feel calm is also called visual imagery



To help you think about a place that makes you feel calm, you could look at a picture and think about what it would feel like to be there



This can make you feel relaxed and help you to stop thinking about the things that make you feel worried, anxious and stressed



You can find a picture yourself or you could ask someone to help you find a picture that makes you feel calm

Thinking of a place that makes you feel calm

This is how you can think about a place that makes you feel calm



Pretend you are
in this picture

 What can you see?	
 What can you feel?	
 What can you smell?	
 What can you hear?	
 What can you taste?	

Thinking of a place that makes you feel calm

This is how you can think about a place that makes you feel calm



**Pretend you are
in this picture**

 What can you see?	
 What can you feel?	
 What can you smell?	
 What can you hear?	
 What can you taste?	

Other things you can do to relax



Exercise makes you feel relaxed and can also help to meet new people

You could go walking, dancing or swimming



Have a warm bath with bubbles



Think about things that make you laugh and feel happy

Where to find more information



Samaritans

You can talk to them anytime about how you feel

Freephone 116 123

Website www.samaritans.org



Mind Cymru

Information and support if you have a mental health need

Phone 0300 123 3393

Or text 86463

Website www.mind.org.uk



NHS 111 Wales Press 2

For urgent mental health support

Phone 111 and press option 2



Community Advice & Listening Line
Mental Health Helpline for Wales

C.A.L.L.

People who will listen to you and give you information on Mental Health

Freephone 0800 132 737

Or text 'help' to 81066

Website www.callhelpline.org.uk

Where to find more information



Your GP

If you have questions about how to relax or want to know more



More Leaflets

You may want to look at other leaflets about other topics with someone you trust if you are having upsetting feelings

This leaflet was created by Aneurin Bevan and the Learning Disability Psychology service.

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