

Top Tips to help you relax

Relaxation techniques

There are lots of different kinds of relaxation techniques that you can try out. Lots of people find these helpful particularly when they are feeling overwhelmed, stressed or anxious. Relaxation techniques are also often recommended in a lot of therapies.

A few different types of relaxation techniques are:

Slowing down your breathing

Progressive Muscle Relaxation

Guided Visualisation

Repeating Mantras to yourself (e.g. I can handle whatever comes my way)

‘Relaxation is a big one I use when I notice my thoughts speeding up...I try to just go with it and see what happens, not being too bothered about the small things or if I feel self-conscious.’

There are a range of relaxation apps which you may wish to try which you can find including the free NHS Chill Panda app.