

RELAX AND REFRESH

Now a days people are stressed. They are stressed of uncertainties of life with full of responsibilities. Stress can affect our physical, mental and emotional wellbeing and how we react or behave is what it matters.



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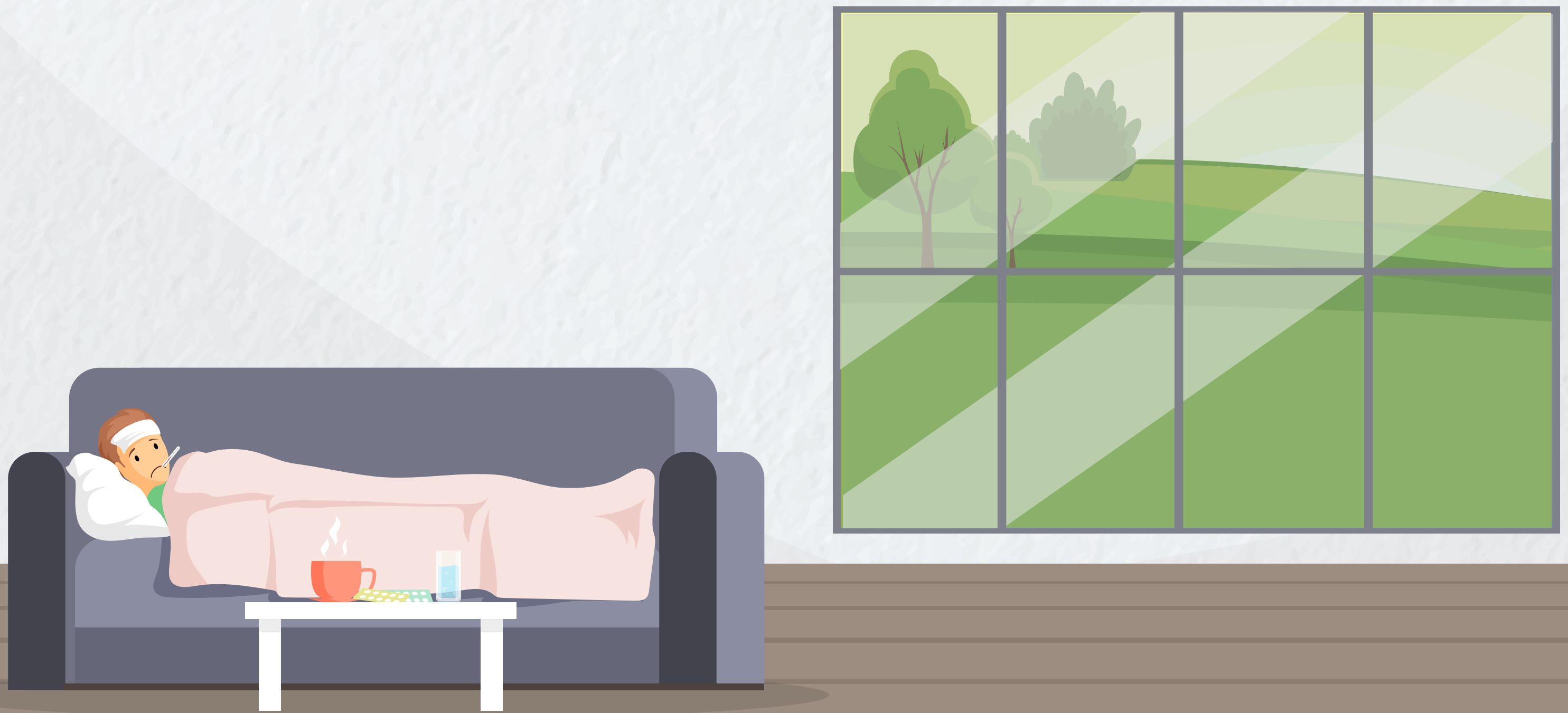


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Stress isn't all bad! A certain amount of stress is necessary to deal with difficult situations in our everyday lives. Physical changes in our bodies occur enabling us to take action, which fades quickly once the problem encountered has gone. However, if we stay in a state of high stress for too long, it can be damaging to our health.



**We are not always able to avoid stress but
learning to manage stress is key!**

Sometimes the most productive thing you can do is
relax to manage stress.

Relaxation reduces stressed the symptoms of mental health
conditions like depression, anxiety etc. Relaxation also has other
related health benefits, including: lowering your heart rate, blood
pressure and breathing rate. reducing muscle tension & chronic pain.



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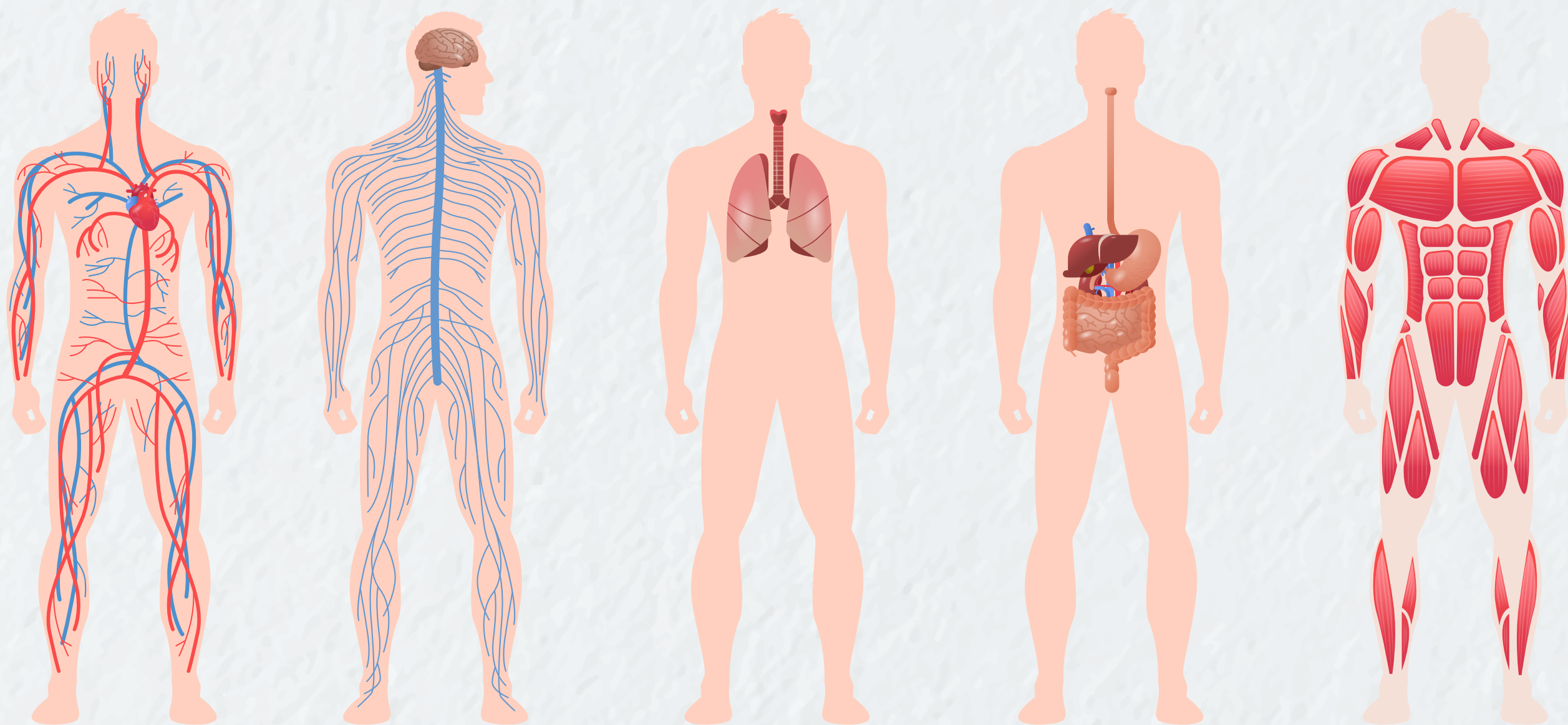
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Practicing 'relaxation' is paramount to managing stress. When we relax, the flow of blood increases around our body giving us more energy. It helps us to have a calmer & clearer mind which aids positive thinking, concentration, memory & decision making. Relaxation slows our heart rate, reduces our blood pressure & relieves tension. It also aids digestion as we absorb essential nutrients more efficiently when relaxed, which helps to fight off disease & infection.

Not only should we start our day feeling refreshed but we should continue to refresh at various points throughout our day! Schedule in 5 minutes a few times during your day to reduce stress levels and give your energy levels a boost.




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Here's a few relaxation techniques that are quick and easy to do:

Focus on your breathing

Meditation – you can always use an app to help!

Visualisation – imagine a relaxing place and focus on the details.

Take a gentle walk being mindful of your surroundings, keep your focus on the plants, the trees, the sunshine, the clouds...

It is really important to try to relax at home too. There are many simple inexpensive ways to have a little calm in your life – listen to music, take a walk, read a book, be creative, talk to a friend, exercise, take a hot bath or whatever helps you to release the stress from your mind and body.

Make your day joyful

