

UOW

RELAXATION TIPS

BREATHE

We breathe more rapidly when we're stressed or anxious and this can lead to feeling lightheaded and tense. So sit comfortably, take a deep breath, hold it for two seconds and then breathe out for six seconds.

LISTEN TO MUSIC

Listen to your favourite songs, play an instrument or go to a gig.

SOCIALISE

Spend time with your friends and family doing the things that you like.

BE CREATIVE

Draw, paint, make something or even just do some colouring in. It doesn't matter if you're not artistic, just enjoy the process.

USE YOUR IMAGINATION

Imagine being in a place where you can feel calm and relaxed. Use all of your senses and really imagine yourself being there. What can you see, hear, smell, feel?

TAKE A TECH BREAK

Put down your phone, turn off your tablet and stay away from social media for a bit.

PROGRESSIVE MUSCLE RELAXATION

This is a great technique to reduce tension. Find somewhere comfortable to sit or lie down, slow your breathing and give yourself permission to relax. Focusing on one muscle group at a time, gently tense your muscles for five seconds and then relax them for ten seconds.