

10 Relaxation Techniques

1) Meditate

It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

3) Be Present

be.
here.
now.

Slow down. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.

6) Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

7) Laugh Out Loud



9) Get Moving

All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress.



2) Breathe Deeply

Breathe deeply
& repeat.

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

4) Reach Out



5) Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

8) Crank Up the Tunes

Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. You also can blow off steam by rocking out to more upbeat tunes -- or singing at the top of your lungs!

10) Be Grateful

Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life.

