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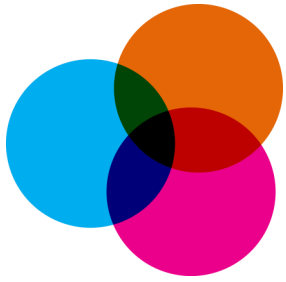
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## Relaxation Techniques for Young People





Relaxation is a state when the mind is free of stress.

Relaxation techniques aim to help you cope with stress and get rid of mental strain.

They help you lock your worries away and feel positive about life.

Your routine is an everyday thing. It fatigues your mind and then you crave for relaxation.

A little time for yourself is a great stress buster.

**Here we give you a few relaxation techniques:**

## Deep Breathing

This activity will help you relax by slowing your breathing rate, decreasing your heart rate and normalising your blood pressure.

On inhaling through the nose, the abdomen should expand and not the chest. Deep breathing is the process of slow inhalation followed by slow and complete exhalation through the mouth. It should be done in a comfortable position, sitting or lying down.

Practicing deep breathing regularly has a lasting effect on your overall health.

Relax



## Toe Tensing

This is a method of drawing tension down to the toe. It can seem difficult at first, but with practice, it can prove to be a good relaxation technique.

This is an exercise that involves lying on the back and allowing yourself to tense your toes.

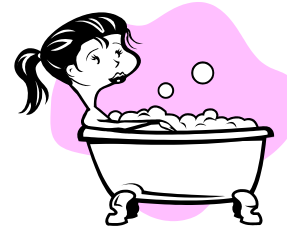
Pull your toe muscles towards the body and hold the position for ten counts. Do 4-5 repetitions of the exercise.



## A warm bath

It sounds simple but a nice warm bath helps the muscles relax and encourages a general feeling of relaxation.

Aromatherapy bubble bath could also help your mind to relax and listening to chilled music while you are having a soak helps.



## Watching a film or reading a book

Escapism is a great way to switch off from reality for a while and help the mind to relax.



## Meet a Mate

Leaving the stressful situation you are in and talking things over with a mate or even chatting about something completely different from what caused the stress can take your mind off things and aid relaxation.



## Meditation

Meditation is the best way to relax your mind. It needs to be practiced individually, so you may need instruction in the beginning.

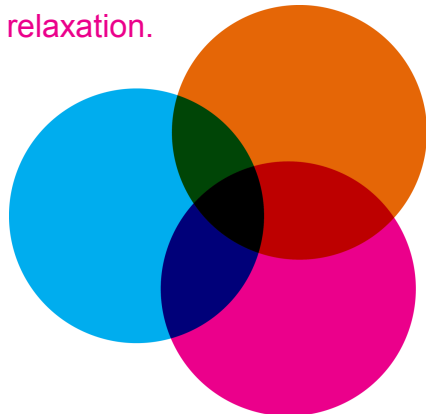
A relatively simpler form of meditation is the breathing meditation. In this technique, you have to concentrate on your breathing, keeping your mind away from all external distractions. You have to instruct yourself to pay attention to your breathing and keep all negative thoughts away.

Once you have learnt how to clear your mind you must then start to convey positive messages to your mind.

Apart from relaxing your mind, this technique also boosts your confidence and makes you feel more positive.

You can choose to play meditation music and over time, combine meditation with Yoga.

Practicing yoga is an excellent way to achieve both physical fitness and mental relaxation.

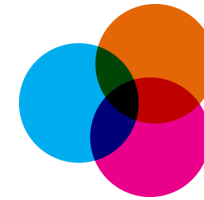


## Exercise

With regular exercise, you become more capable of coping with stress. Exercise is known to generate happiness molecules, which means it leads to certain hormonal changes that create a feeling of happiness and relaxation.

Ideas for happy making exercise: Football, Swimming, Running, Walking, Hide & Seek, Dancing, Cycling, Roller Skating or Climbing.

An exercise for relaxing the mind and body can be achieved by lying down, then slowly tensing all your muscles in your body, starting at your toes and finishing with your jaw. Then let those muscles relax. After a little practice, you should find this easy to do.



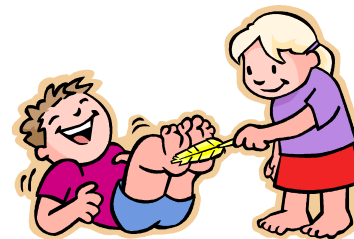
## Laughter

“Laughter is the best Medicine” they say.

It really is. It makes you forget your worries. You feel rejuvenated and relaxed. Give yourself reasons to laugh—Comics, Comedy Movies, Funny Stories and Jokes can serve the purpose.

Laughter is also good exercise for facial muscles.

For the positivity laughter brings, it's one of the best relaxation techniques for kids and adults alike.



## Visualisation

Experts say that picturing things you like can make you feel relaxed. Let yourself imagine good things happening and visualise anything that gives you pleasure.

For someone it could be visualising a trip to Disneyland, for someone else, it could be imagining becoming a famous actor.

Imagine your dreams becoming reality.

This has to be done with closed eyes.

The thoughts and imagery of a positive picture makes a person feel relaxed.



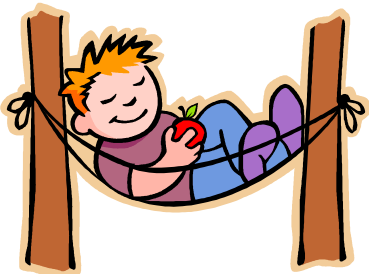
## Taking a Break

A break from routine is an effective way to relax. It allows you some time to switch off from work or school. When you feel

stressed, take a break and rest for a while. Pursue your hobby, if you have one, as this is very relaxing. These days you are as busy as the adults around you.

A short break will give you the energy to get back to routine things.

Taking small breaks during the day is great way to relax.



## Binaural Sound

Experts recommend exposure to binaural sounds as a good way for relaxation. The technique involves listening to binaural sounds for around half an hour everyday.

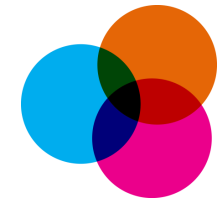
It is known to generate signals of wavelengths that can reduce stress and also enhance one's creativity.

It is advisable to seek guidance from an adult about how to use this technique.

<http://www.youtube.com>

**Pure Spirit of Relaxation (2 hrs)**

You need to listen with headphones.



## Music

Play your favourite music. It's a great way to relax. Fast beats can increase your heart rate and induce feelings of excitement so make sure the music you play for relaxation is soft.

It is said that a person's individual preference of music can have the greatest impact on their mind. So play music you prefer.

Music can give you the strength to fight stress. It also serves as a good diversion from worries.

