

# Relaxation Techniques

- Finding peace in the  
chaos



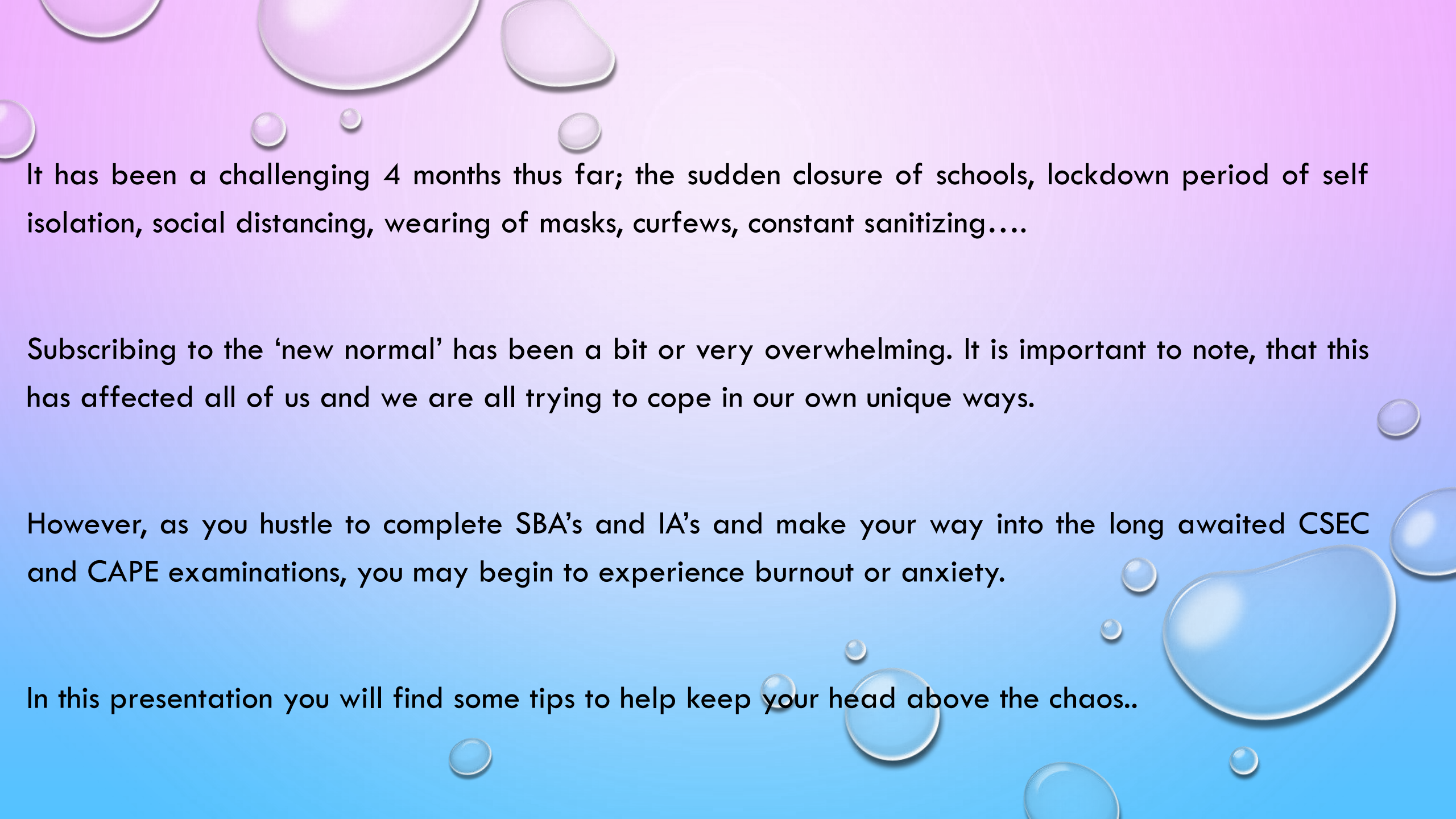
**Done By:**

**Mrs. Elahie-Mirza**

**Guidance Counsellor**

**ASJA Boys' College**

**San Fernando**

The background of the top half of the slide is a light pink color. It is decorated with several realistic-looking water droplets of various sizes, some with highlights and shadows, giving them a 3D effect. The droplets are scattered across the top and middle sections of the slide.

It has been a challenging 4 months thus far; the sudden closure of schools, lockdown period of self isolation, social distancing, wearing of masks, curfews, constant sanitizing....

Subscribing to the 'new normal' has been a bit or very overwhelming. It is important to note, that this has affected all of us and we are all trying to cope in our own unique ways.

However, as you hustle to complete SBA's and IA's and make your way into the long awaited CSEC and CAPE examinations, you may begin to experience burnout or anxiety.

In this presentation you will find some tips to help keep your head above the chaos..

# How Do You Know When It's Time To Take A Break?

- Restlessness – inability to relax, mild cramping in muscles.
- Insomnia – unable to sleep.
- Change in eating habits - overeating or undereating.
- Low energy.
- Feeling of being unwell.
- Inability to concentrate.
- Lack of focus on life goals.
- Increase in negative thoughts.
- Lack of interest or motivation to do regular tasks.
- Lack of interest in socializing with others.



# What Can You Do To Relax?

There are three (3) very simple and easy techniques that you can use to help you relax and declutter your mind when you feel stressed.

- Deep breathing
  - Yoga
- Mindfulness

# Deep Breathing

This helps to:

1. Normalize heart rate.
2. Relieve muscle tension.
3. Clear the mind.
4. Lower blood pressure in the body.
5. Calm and relax the mind and body.

## 6 Steps to Belly Breathing

**STEP 1**



Sit in a  
Comfortable  
Position

**STEP 2**



Close Your  
Eyes

**STEP 3**



Breathe In Slowly  
and Count to Five

**STEP 4**



Feel Your Belly Fill  
with Air

**STEP 5**



Breathe Out  
Slowly Through  
Your Mouth

**STEP 6**



Repeat the Cycle  
Five Times

# Yoga.

This helps to improve:

1. Mood.
2. Sleep.
3. Tension.
4. Focus.
5. Blood pressure.

1. STANDING SIDE BEND



2. DOWNWARD DOG



3. UP DOG / COBRA



4. CRESCENT LUNGE



5. CAT

EVERY DAY

6. COW



7. PIGEON



8. HAPPY BABY



9. YOGI SQUAT

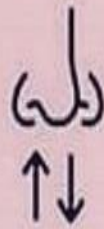


10. WINDSHIELD WIPER

# Mindfulness.

This helps to improve:

1. Sleep.
2. Stress.
3. Negative thoughts and feelings.
4. Concentration.
5. Anxiety.



Breathe In, Breathe Out -  
Feel the flow of the breath



Be Aware of every Daily  
Activity (driving, texting,  
cleaning, etc.)



Pay attention to all your  
Senses - for ex: notice the  
taste, texture of food.



Go Outdoors - Walk  
Around in Nature



Empty the Mind - Take  
a few moments to be still



Forgive Yourself for  
every Negative Thought



As soon as the Mind  
wanders, bring it back to  
your Breath



Be Grateful - Say Thank  
You to Nature, People  
and Things.



Practice  
Non-Judgemental  
Listening



Go Easy on Yourself  
- with time, you will see  
the progress!

# Which Relaxation Technique Is The Right One For You?

- There are no right or wrong techniques to help you to relax.
- Because we are all unique, and we respond differently to various situations, we can only know what suits us after we have tried it.
- TIP: try all three of these techniques before your examinations begin, note the emotional, mental and physical changes you may experience while doing them and choose the one that works best for you!



# APPS That Are Designed To Help Us Relax:



- Calm – Meditate, Sleep, Relax.
- Meditopia – Anxiety, Breathing.



- 10 daily Stress Relief Yoga and Exercise.
- Sanvello for Stress, Anxiety and Depression.



