

RELAXATION TECHNIQUES



It's important to relax.

If you can't figure out how to, you'll be constantly on edge, tense, and wired up in work mode.

You probably won't enjoy your own company, and neither will anyone else.

TAKE A DEEP BREATH AND FOLLOW OUR EASY-PEASY RELAXATION TECHNIQUES.

1 Get Outdoors

A bit of fresh air and some green spaces are wonderful for your wellbeing.

2 Stretch those Legs

Exercise has so many benefits, physically and mentally. So, hit the gym, go running, or head out for an evening walk with loved ones.

3 Switch off Technology

Say goodnight to your laptop and phone. If you struggle - put them in the next room. That blue light coming from the screens will keep you up.

4

Create Something

It doesn't have to be a masterpiece - you're not in work now, and no one's assessing you. But it's great to dedicate time to cooking food, playing an instrument, drawing, or even baking cookies.



5

Wind Down

Create a bedtime ritual, involving things you find relaxing. So, taking a bath, turning down the lights, lighting candles, and chilling out with a book or movie.



6 Prioritize Sleep

Turn your sleeping space into your sanctuary, making it tidy and cosy, and somewhere you want to be. Bedtime shouldn't just mark the end of the day, it's something you should actually look forward

