



Wellbeing

Relaxation

Underlying stress and our bodies: Using your muscles to repair your mind

Stress can do funny things to our bodies, whether we know we are stressed or not. For some of us, the feeling of stress can be really apparent; our heart rate increases, we get snappy with others, we may lose appetite (or in fact need to eat more), get sweaty palms, experience digestive issues or feel tense. For others the symptoms aren't that obvious, your body and mind may be working to protect you from feeling this way, but the toll will still be there in your muscles.

Muscle relaxation techniques are a really helpful way to not only relieve stress but to rebalance your mind. It can even help with sleep issues, anxiety and a better quality of life. A form of mindfulness, it is a simple exercise that can be done in 5 minutes (or longer if you're enjoying it!).

The key is finding somewhere comfortable, and a block of time where you aren't likely to be distracted; and again remember this can be 5 minutes if need be. You'll move through muscle group, starting from your face through to your toes or visa versa, gently tensing the muscles with control, holding, and gently releasing. You'll notice your heart rate and breathing come to a comfortable relaxing pace, and you'll absolutely feel more relaxed afterwards.

Why not try this video as an introduction to muscle relaxation:

