

- Give yourself permission to relax
 - put yourself first, you deserve it
- Make 10 minutes a day to practice relaxation. It is a skill to be learnt and it is common for the mind to wander when you are first starting out, so don't give up!
- Find a quiet and secure environment where you will preferably not be disturbed
- Sit or lie down in a comfortable place and position
- Begin by concentrating on your breathing by taking a deep breath in and then exhale. Repeat this several times
- Focus on relaxing the muscles in your neck, shoulders and back
- Try to picture in your mind a relaxing place like the beach, a woodland or a secret garden
- Continue to visualise this image until you feel relaxed and at ease with yourself
- It takes time to develop the skill of relaxation. With persistence you can:
 - Feel better about yourself
 - Cope better with pressure and stress
 - Feel more in control of your thoughts
- It may benefit you to engage in activities such as meditation and yoga on a regular basis

**“Take rest; a field that has rested
gives a bountiful crop”**

Ovid

Useful websites

www.mind.org.uk

www.bbc.co.uk/health/emotional_health/mental_health/coping_relaxation.shtml

www.moodjuice.scot.nhs.uk/relaxation.asp

www.patient.co.uk/health/Relaxation-Exercises.htm

 **Think Right!**
Wise up to Mental Well Being



The Think Right Project, run by Hunts Mind commenced in May 2011, and is funded by Comic Relief for 3 years. The overall aim of the project is to provide a range of mental health promotion and campaigning activities across Huntingdonshire to combat the stigma and discrimination related to mental health challenges.

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Hunts Mind



For better
mental health