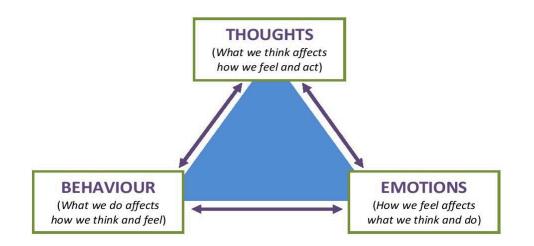


Re-Energising Relaxation

Serious illnesses involve new and sometimes unsettling experiences not just for the person involved but also the loved ones.

With changes to normal life at this time it's not unusual to feel stress or anxiety. The symptoms of anxiety, whilst not harmful can be uncomfortable and use up precious energy reserves which may already be stretched.



There are things we can do to prevent ourselves feeling overwhelmed by considering what is going on in our brains, body and actions.

Steps to reduce stress

- Recognise the feelings of tension
- Relax your muscles
- Settle the mind
- Calm your breathe

When used together these skills will enable you to control anxiety, relax and rejuvenate.

Relaxation takes different forms for different people; massage, reading, TV, music or specific techniques.

Relaxation exercises can be found in the recording available below.

To practice the relaxation you need approximately 20 minutes seated or lying comfortably in a quiet room where you will not be disturbed. There are a variety of exercises to try, experiment until you find the best one for you. You will get maximum benefit if you can practice each day. Allow yourself time to switch off and recharge your batteries.