

# Easy Relaxation Techniques

Guide to 30 Quick and Easy Relaxation Techniques





## **30 Quick, Easy Relaxation Techniques to Deepen Intimacy with Your Partner**

**Relaxation** is the process by which you can bring about feelings of balance and calm to your mind and body. When using relaxation with your intimate partner, you not only deepen your closeness, you also enhance the intimacy of further activities in which you might choose to engage together. In other words, it can enhance the satisfaction of your lovemaking, too!

It is a myth to assume that in order to relax, you have to spend a significant part of the day engaged in absolutely nothing. Conversely, you might find it difficult to sit in silence for more than five minutes. Is there a perfect scenario that lies somewhere in between wherein you can relax, yet not feel as if precious minutes can be utilized doing other things?

Do you remember the movie, “Baby Boomer”? In that movie, Diane Keaton plays the character, “J. C. Wiatt”. The movie tells the story of a career woman who, after becoming the most successful woman in advertising, found her life totally focused on her job. This was the case until she found herself having to care for her cousin’s baby. The new lifestyle in Vermont slowed her down significantly.

In one scene, as J. C. is wheeling her baby up a Manhattan street, she tries to keep up with a woman who is walking particularly fast. At one point in her life, J.C. could have passed her easily. But, now, J.C. just can't keep up. The final outcome is that she turned down a lucrative position.

Can you identify with this character? In the busy world of today, there might be very few moments in your life when you choose to take time to relax, rejuvenate, and reenergize. This can be due to a competitive nature or to the desire to succeed. Either way, it puts a huge toll on your mind and body.

Studies have shown that without some form of relaxation, people tend to lack concentration; become tense; feel stressed more often than not; lose sleep; have poor diets; develop high blood pressure or cardiovascular problems. Without sufficient relaxation, there is a tendency to have less energy and to be less happy.

This report contains 30 quick and easy relaxation techniques designed to change the mindset that keeps one locked into a lifestyle that is void of meditative concentration. Moreover, these techniques can be altered, lengthened, or otherwise tweaked to fit your own lifestyle.

These exercises can be used as a means of bonding with your partner. Or, as in the case of massage and reflexology, you might choose to give to – and receive from – your partner.

The important thing to remember is that without any form of relaxation, the door is left open to a myriad of health problems. Perhaps it's time to take a few lessons from the previous generation who worked hard, but seemed to know better when to take time out and just relax.

## **Reflexology**

One of the problems everyone faces in the process of daily living stress. Reflexology is the means by which certain reflex points on the hands and feet can alleviate headaches, pain, and tension caused by stress. Reflexology can relax the body in ways you could never have imagined. Visiting a reflexologist for treatment is not only relaxing, but paves the way for understanding how each point in the hands and feet are directly related to those parts and organs of the body that can be treated in an alternative and effective way.

More people are seeking alternative methods in the healing process. Reflexology can be a learned technique that is has become a popular mode to bring the body back into a state of balance and inner calm.

## **Massage with Essential Oils**

How many times have you sat at your computer desk with a tension headache or neck pain? Perhaps a co-worker offers to give you a neck massage and the tension dissipates as you sink into your chair.

Massaging with essential oils serves the same purpose. The scent of an essential oil can work wonders for calming and soothing while, at the same time, reenergizing and rejuvenating your body and mind. Whether you make an appointment at a spa, have a ten-minute massage added to your weekly manicure or pedicure, or have your partner give you a massage when you come home from a long day at the office, it's well worth the time. And, if you chose to have your partner be involved, massage is a marvelous way to add more physical contact into your mutual activities.

## **Aromatherapy Candles**

Have you ever inhaled a scent that brought back fond memories? Perhaps it was a particular fragrance or the aroma coming from a bakery in the early morning hours, or maybe one sniff of the vanilla you used for baking made you smile.

Scented candles have become a popular form of relaxation. It's not so much the candle, as the scent that can calm you on a tense-filled day. Having the scent of a candle fill a room can relax you even if you are cleaning the home, or working on a project, or helping the kids with their homework. The scent's familiarity envelops you and the serenity it offers seems to give you the oomph you need to continue with the tasks of the day.

## **5 Minutes of Quiet Time**

You know what they say, "the best laid plans...." All you want is a few minutes of quiet time to yourself, but you are being tugged in fifty different directions. The truth is you can plan on spending at least 5 minutes of quiet time a day alone.

Have a family meeting in which you can ask the older kids to help with chores and perhaps have your spouse cook dinner one night a week. Explain the importance of having this time for you, and undoubtedly they will be more than happy to help. Or, perhaps you and your partner work it out to "spell" one another. In this way, one of you is in charge of responsibility tasks, while the other can just relax. Then, return the favor!

Whether you take 5 minutes each day or 5 minutes each night, don't waiver or worry about the family, they can spare you for this short amount of time. Then go to a room in your home, close the door, sit on the floor and begin deep breathing exercises. Forget what is going on outside the door – this is your time. Take it; revel in it; and relax.

## **The Sounds of Nature**

Have you awakened in the morning to the sounds of birds calling to each other? If you really listen, you can hear newborn birds calling to their mothers. Have you taken some time to go to the beach just before sunset and list to the sound of the ocean?

Today, you can purchase CDs of ocean waves, nature sounds, waterfalls, rain, and so on. One of the best ways to relax is to take ten minutes out of the day and pop the CD into the player, put on headphones and just sit quietly and listen. The sounds have an amazing effect on the body. It lowers the blood pressure, relieves tension, and brings you to a place of inner peace where you can envision a world filled with greenery, blue-green waters, and sand-filled beaches.

## **Color the World**

Do you have a hobby? Painting, perhaps? If so, you have probably already noticed how colors have a way of reducing tension. They allow you to relax.

For example, let's say that you take out the easel – you know, the one you stored away years ago – and begin to paint again. Perhaps you begin by using blues, greens, and lavenders. These colors are known to be soothing.

Begin with just a few strokes. Do you see an image forming? Keep going! Is the tension leaving your body? By now you are probably so focused on the image before you that you forgot all about the tension.

Have to leave it now? No problem; return to it tomorrow. You have taken the first step in the relaxation process. Doesn't it feel good?

## **Music**

For thousands of years, music has been the source of inspiration and relaxation. If you are a music lover, there is no better way to relax than to listen to music that makes you feel good. Whether it's classical, instrumental, pop, oldies, or new age; music can soothe, elate, energize and – yes -- relax.

Listening to a tune from the oldies can inspire you to dance. Not only is this good for the cardiovascular system, but the exercise will also reduce blood pressure, strengthen and tone your body, and energize you as well. When you share this dancing-activity with your partner, you add the additional components of increased physical contact to the experience.

On days when you are feeling a bit down -- or really don't feel like tackling the day's chores -- play music and sing along. These activities cause endorphins to kick in! Thus, helping you to be ready to face any challenge.

## **Author, Author!**

Have you been too busy to take time to begin reading that book you purchased a few weeks ago? Well, now is the time to start. Reading is a great way to relax -- it allows you to focus so exclusively on the subject at hand that you rid your mind of whatever it was that had been causing you stress. Of course, you don't need to read the whole book in one sitting. Once you start, you will be more likely to find the time to finish it.

There are so many different genres of books you can choose from. If you don't have too much time, take 5 minutes to read poems from an inspirational book. Or read to your children before nap or bedtime. It can be just as relaxing for you as it is for them.

## **Tea Time!**

It's been a rough day at the office. It's raining and you can't wait to get home, kick off your shoes, and make a cup of tea.

Put on the kettle, change into your most relaxing attire, and have a cup of chamomile tea while sitting in your cozy chair. Don't put on the TV or radio. Don't read the mail or listen to the voice mail/answering machine on. Just enjoy each sip as your body begins to relax. Sounds wonderful, doesn't it?

Okay, reality check sets in. This may not be the perfect scenario if you have dinner to prepare, kids to take care of, and a husband who is late coming home. This evening can still be salvaged. Prepare dinner, feed the family, put the kids to bed, and ask your spouse to read the kids a story. Tell him/her that you just need some alone time.

Now it's your turn. Light some candles and place them near your cozy chair, put the kettle on, take out the chamomile tea and when it's ready, turn down the lights, sit in your chair and just relax in silence. As you take each sip, try to rid your mind of the day's events. You will sink deeper into the chair and a feeling of calm will envelop your body. The scent of the candles will relax you even more, and the problems of the day will be far behind.

## **Bath Oils**

Nothing relaxes a person more than a long hot bath using scented oil. You can select lavender, rose, or one of your favorite oils that seems to lull you to sleep. As you enjoy the oil-scented bath, your muscles relax and all the tension leaves the body. No stress; just a feeling of calm ensues. All is right with the world!



## **Breathe!**

A relaxation technique that is utilized in Yoga and other meditative practices is deep breathing. You can do this anywhere -- at home, at work, in the car while driving to and from home. Slow, deep breathing as a relaxation technique is meant to lower the blood pressure and release the tension in the muscles.

Let's assume you are working on a deadline. Your neck muscles are tight. Your neck is starting to hurt and the tension is becoming unbearable. Stop whatever you are doing and just sit up straight, shoulders back, close your eyes, and breathe deeply. Continue this for about five minutes. Not only will this breathing break relieve the tension and relax you, but will also rest your eyes as well.

We don't realize how long we sit in front of a computer staring at the screen. It can cause neck and shoulder pain, as well as muscle ache. Your physical comfort is important! To increase it, just take five minutes of deep, slow breathing to relieve the pressure.

## **Have a Good Cry**

There are times in one's life when a good cry can cure everything. It relieves tension. It allows you to let go of bad feelings. It is a great de-stressor. Check out the DVDs in your movie library or rent a classic, such as "Somewhere in Time," "An Affair to Remember," "The Notebook" These are the real tear-jerkers of all time. Watch with pleasure ... and cry to your heart's content!

Have a box or two of tissues at the ready and, after the family has gone to bed, relax and watch the movie. Ask your partner to watch with you. Be sure to share the tissues! By the time the movie is over you will both be ready for a night of peaceful slumber together.

## **Choose a Different Path**

As you go about your daily life, sometimes you fall into a rut. You take the same route to work or the grocery store. You walk the same route to the park or corner store. Your chores are done in the same order. Even dinner is at the same time, night after night.

One of the ways to relax is to slightly alter what you do on a daily basis. Instead of watching the nightly news, which can be stressful, try watching a documentary or biography. Or, better yet, leave the TV off and listen to relaxing music. Tune into the food network or watch a really good movie on Lifetime.

Instead of walking the same path to the grocery store, take a different route through the park. After dinner, take a walk with your partner or sit out on the patio together for coffee.

The idea is to change your routine. The more you become stuck in a daily routine, the more bored you can become. Boredom often leads to monotony, which, in turn, leads to tension and stress.

## **Hug a Child**

Whether you have children of your own or not, the truth is that a child can have a wonderfully relaxing effect on you. You can be in the worst mood. You can feel unwell physically or emotionally. When you connect with the energy of a child, all of those symptoms can seem to begin to melt away.

It's important to take the time to make these contacts. Even when you have a million things pressing on you, giving yourself a few minutes to rest your psyche will pay you massive dividends!

## **Dinner and a Movie**

When was the last time you went to a movie or had dinner out? Sometimes, it's the simple things in life that can put you in a total state of relaxation. While it may be your tendency to take care of everyone but yourself, once in a while it's good to get out of the house and let someone else prepare the meals and serve it to you.

If you have children, make arrangements for childcare. Set up a date with your partner for a night out. Perhaps you haven't had focused time to spend together in quite a while, and you both can use a break ... together. Choose a good movie and restaurant, and plan on a night of fun together.

Catching up on news, sharing important thoughts and sentiments, and discussing good times is a wonderful way to reconnect with your partner. Let it bring laughter and fun into your life! Enjoy these moments shared. It's a gift you owe to yourself! You will not only treasure the time spent with your partner, but will have a wonderful and relaxing evening that has been long past due.

## **A Rose is a Rose**

Spending time in your garden is a great way to relax. Regardless of whether you are planting for the spring or pulling out the weeds, you are communing with nature and that is always a sure fire way to calm you.

You can easily forget to "smell the roses," as you cope with everyday stresses. Gardening is a wonderful way to relieve stress and anxiety. As a nurturer-to-yourself, there is no better way to relax than to plant/tend a rose or vegetable/herb garden. The gardening scents melt away any angst within. By becoming one with nature, you can let you heal.

## **A Pet's Unconditional Love**

Our pets not only offer unconditional love, but they have an instinct that signals to them when you are feeling stressed, down, or ill. Their immediate reaction is to comfort by resting their head on your lap, or reaching out with a paw. It is that instinct and that ability to understand that can allow you to forget your own problems and return that love in kind. As you begin to stroke them, your blood pressure goes down. As you start to feel better, they can sense that as well.

Pets have been utilized in nursing homes and hospitals to bring a smile to a child, or to reawaken in the elderly the feeling of belonging. In cases where an elderly man or woman is irritated or cannot control his or her feelings, a dog or cat can alleviate the inner turmoil and bring the individual to a relaxed state. Imagine what it could do for you!

## **A Picture is Worth a Thousand Words**

While the children are taking their daily nap, you may be a bit stressed from the day's events. But, you decide to finish a few more chores. While removing the sheets that have to be washed, you kick a box under the bed. Taking it out, you realize it's a box of old photos that you have been planning to put into a family scrapbook.

As you look at each photo, memories flood your mind and the pictures of earlier memories bring tears to your eyes. As you settle on the bed, each photo is a reminder of all that has past and as the last one is laid on the bed, you close your eyes, take a deep breath, and remember. The washing can wait; it's time to put these pictures into the scrapbook. Relaxed and eager to start the project, the children awake. It's okay; everything is fine now.

## **To Sleep, Perchance to Dream**

Recent studies on sleep behavior have shown that people who have less than seven hours of sleep a night simply cannot function during the day. The results also showed these individuals could not perform simple tasks or answer simple questions.

When you are lacking in sleep, you tend to be more irritable, have trouble concentrating, and heightened the stress and tension. Conversely, when you do get a full night's sleep, you feel energized in the morning, more relaxed, and ready for the day. Try to get at least seven of hours of sleep a night. It is important for your health and over-all well-being.

If you are already sleep-deprived, make a priority of getting more sleep. Even though you have much to do, once you are rested, you will be able to dispatch those things more effectively and more enjoyably.

## **Change of Scenery**

Do you look forward to that two-week vacation? With the economy in a state of flux and trying to save for the children's college tuition, perhaps the time is not right to spend a small fortune on a week's vacation.

Everyone needs a change of scenery to relax and leave the worries behind for a few days. If, however, you can't afford the two weeks, there is one thing you can do that is sure to give you and your partner a boost. Visit a theme park or water park for a day. Spend the entire day becoming a kid again. Go on the rides, participate in any events the park may have, have a nice lunch and dinner with your partner, engage together in the water sports, and just fully embrace the time together.

## **You Can't Control Everything**

Whether you wait for hours in long lines in the mall, the theatre, a concert, the airport, or whatever the case may be, the truth is you can't control everything that happens. If you become stressed over the things you can't control, you will soon be fitted with a white suit.

There is an old saying, "Choose your battles." At a time when the gas prices are at an all-time high, grocery prices are climbing, driving to and from work is taking hours, and life is posing more and more challenges, it's time to stop fighting that which you can't control. It's time to focus on the things you can.

Changing your attitude is an effective way to cope and maintain a healthy outlook. If everything you encounter leaves you feeling anxious, you'll never be able to relax. Each day brings challenges. If you respond to these with anxiety, you will be constantly in a distressed state. Remember the formula for Peace of Mind: Change your mindset; look at the world differently; and learn to focus on the positive blessings in your life.

## **Laugh and the World Laughs With You**

The rest of this title is, "Cry, and you cry alone." Studies have shown that laughter is – literally -- the best medicine! Do you know someone who has such a positive attitude that you love to be around them? Do they make you laugh? This is important because laughter can help you relax. This plays an important role in your over-all health.

Now think of another person who is grumpy all the time. How do you feel when you are around them? 'Pretty awful, right? Sometimes we laugh until it hurts, but the truth is laughter heals. It has a positive effect on our immune system. So laugh as much as you can, whenever you can, and wherever you can.

## **Imagine**

One of the most effective relaxation techniques is called guided imagery or visualization. Here is how it works. Find a quiet room. Get as comfortable as you can by either sitting on the floor or on a mat. If it's in your bedroom, sit on the floor and lean against the bed.

Now, while there may be stuff going on outside the door, don't try to block it out. Instead, begin to visualize a place you would most like to be. It's your special place, so it can be anywhere you choose. It's peaceful there. Nature, there, is alive with sights and sounds that are comforting to you. Imagine it. Focus on it. See it clearly in your mind's eye. It's a happy place where you are free from life's distractions. Revel in it, enjoy it, and relax in it.

## **Subliminal Messaging**

Another relaxation technique is to pre-record your own words that will inspire you, uplift you, calm your fears, relieve your doubts, and instruct you to relax using subliminal messaging.

Subliminal messaging is a process by which words bypass the conscious and enter the subconscious mind. It could be your own words or special CDs which you can purchase online. Choose a quiet place and listen to the words. While you may not think they are having an effect, in fact they are. Your subconscious mind is listening and will eventually send a signal to your conscious mind rendering you fully relaxed and accepting of the words.

## **Fish, Fireplaces, and Food**

You may be wondering what these three things have in common. Well, they are all forms of relaxation. Sitting in front of a fish tank is soothing and relaxing. As the fish swim through the tank, the scene is tranquil and as you follow them with your eyes you begin to feel sleepy; it's almost like a sedative effect.

Sitting in front of a crackling fireplace is also conducive to feeling relaxed and calm. Remember the Yule Log during the Christmas holidays? It has the same effect. If you turn off the TV and just sit in silence gazing at the roaring fire, a feeling of warmth envelops you and it can lull you to sleep. Sharing this with someone that you adds incrementally to the relaxation-benefits. Oh, and a glass of wine can't hurt either!

Food is another form of relaxation. How? Well, let's face it; we all need a treat once in a while and what better treat than good old chocolate. In fact, recent studies assert that dark chocolate is quite healthy for you. Besides, when you are stressed nothing spells relief than a bar of chocolate; in moderation, of course.

## **Fight or Flight**

When you are confronted with anxiety or stress, the body's normal reaction is to fight or run away. Your blood pressure rises, your heart may palpitate, your vision may be distorted, and your breathing may increase.

In order to fully relax, there is a technique wherein one can tighten and release each muscle of the body. What this does is bring the body back to its normal state of relaxation. You will know this is occurring when your blood pressure begins to decrease, palpitations stop, and breathing is back to normal.



## **Insomnia**

Insomnia can be caused by a variety of reasons such as: events of the day, stress, inability to relax, or hot flashes. Any number of other problems that keep your mind going at a hundred miles an hour can disturb your ability to fall asleep, or stay asleep.

To fall asleep, the first thing to do is to lie flat on your back and close your eyes. Begin to gradually slow down and deepen your breathing, while you remain aware of each breath. If you keep your mind focused on one repetitive idea – for example, the waves breaking on the beach -- eventually, you will fall asleep. Another way to relax is to focus on an object in the room. Don't take your eyes off of it or close your eyes, just focus on the object. The idea is to take your mind off of whatever it is that is keeping you awake.

Here's another tip: Have a warm glass of milk before bedtime. Not only can there be soothing emotional connections to the warmth and milk, but also the milk's calcium can help you to become sleepy.

## **Yoga**

Yoga has been widely known as one of the most effective relaxation techniques for thousands of years. It is beneficial for calming and increasing a state of peacefulness.

Go to a quiet room. Sit on the floor in a lotus position with the hands placed on the legs, palms up. Choose a mantra, that is, a word that you can repeat over and over as you breathe in and out, such as OHM or CALM. Close your eyes and inhale, exhale using the mantra you've chosen. Do this for 10 minutes. This 10-minute exercise will relax and rejuvenate.

## **Exercise**

Exercise is an excellent stress reliever. When exercise is combined with a proper diet, it helps to create/maintain a health style of life.

Let's say that you are at work and feeling tense and stressed. Next time this happens, instead of having lunch brought in and eating it at your desk while working, take a brisk 20-minute walk to the restaurant.

It's not lunch time? No problem -- simply go outside for five minutes.

This not only takes you away from the stressor and the problem that is causing the stress, but it also allows you to calm down. Once you are calm, you can return to your desk in a more relaxed state.

## **Write It Down**

Sometimes you can get so stressed that you can't even verbalize what's wrong, should someone ask. An effective way to deal with this is to write it down.

Write out all your frustrations in words. Use words to release whatever is stimulating that emotion – e.g., the anger and the disappointments.

After you've finished, go out in the backyard and find a metal pail. Place the papers inside and burn them. It is said that as the smoke rises to the heavens, you become purified and you realize true karma.

In addition, as you watch the fire consuming the written words, imagine that it is also taking away the emotions behind those words. Let yourself release those emotions into the fire, letting the fire transform them into energies of support and encouragement.

Breathe deeply and allow the oxygen to relax you to the very heart of your being. Feel released and FREE!



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