



Cultivating relaxation in daily life

Daily relaxation allows time for rejuvenation and can help improve well-being. Relaxation may look different for everyone and is a skill that ties the body, attitude and emotions together. Below are some suggestions for creating space, practicing mindfulness, auditing thoughts and obtaining rest to cultivate relaxation.



Create and maintain space by creating healthy boundaries:

- Allow time before starting and ending the day to do something for yourself.
- Declutter your space, make it inviting to you.
- Take a walk in the middle of the day and engage with nature.
- Listen to soothing music.

Practice mindfulness during everyday activities:

- Mindful breathing includes focusing attention on the breath; the inhale and the exhale or the rise and fall of the belly to help bring clarity and calm to the mind and body.
- Mindful walking includes being aware of present surroundings, sights and sounds; noticing how the body moves and makes contact with the ground expanding awareness of the present moment.
- Mindful eating includes slowing down to notice the sensations and signals the body sends about taste, satisfaction, and fullness to help improve and manage food cravings.
- Connect with the mind and body through progressive muscle relaxation. Starting at the top of the head and working your way down to your toes, tense and relax a body part for 10 to 20 seconds.

Check in and rewrite negative thoughts:

1. Isolate the thought and recognize what is going on.
2. Note the emotion that went along with the thought.
3. Identify why the thought and emotion are there.
4. Rewrite the script to reflect a positive situation and outcome.
5. Note the new emotion that results.

Get enough of the right rest:

- **Physical** rest includes making time for yoga, tai-chi, stretching and massage to maintain flexibility and promote blood flow through the body.
- **Mental** rest can be experienced by focusing on the breath, counting to 10 or journaling thoughts to improve concentration and ease an overactive mind.
- **Sensory** rest comes from time spent away from screens, background noises and conversations in nature.
- **Creative** rest can include spending time outdoors awakening the senses to the awe and wonder in nature or turning a space into something inspiring by filling it with things that offer meaning and joy.
- **Emotional** rest comes from the ability to be authentic, to freely express feelings and spending time with positive and supportive people.
- **Spiritual** rest comes from having a deep sense of belonging, love and purpose not only with self, but with family, friends and the community.