

Relaxation



Mental Health Services



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You are not alone!

There are millions of people experiencing symptoms of stress right now. If we think of stress as demands made upon us, we have mental, physical and emotional demands all the time. The key is whether we take them in our stride or feel unable to cope with them. Constant demands can become a problem when there is no outlet or effective way of relaxing.

The body attempts to deal with stress by releasing adrenaline in order to keep it alert and 'ready for action'. This may develop into a problem when it is overwhelming or prolonged. In such situations our reactions may become restricting which is undesirable and we may be more prone to illness.

Getting the balance

Balance is about developing a lifestyle that is right for you, enabling satisfaction in work, sleep and leisure time. Relaxation forms the basis of good stress management, providing a sound base on which to build long-term coping strategies.

The regular practise of relaxation techniques – outside highly emotive situations – can help the following:

- *Eliminate unnecessary fatigue*
- *Improve the quality of sleep*
- *Improve physical skills and performance*
- *Lower anxiety before, during and after a demanding event.*
- *Increase self-confidence and enrich relationships.*
- *Raise the pain threshold and alleviate pain caused by muscle tension.*
- *Lower blood pressure and help in the management and prevention of stress-related illness.*

The Relaxation Group

Over a period of six weeks the course may include discussion on

- *Lifestyle*
- *What makes us stressed*
- *How to manage time and demands*
- *Understanding our bodies*
- *Understanding our thoughts*
- *Breathing correctly*
- *Sleep*

During the course different relaxation techniques will be experienced and practised. These will include progressive muscle relaxations and a variety of visualisation techniques.

*If you are interested in joining the **Relaxation Group** please fill in the form below and send it back to the address on the front of this leaflet.*

Mr/ Mrs/ Miss/Ms (delete as applicable)

Name.....

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Address.....

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Post Code.....

Tel. No.....