

Relaxation Techniques

There are different types of relaxation techniques that you can practice when you feel stressed.



DEEP BREATHING TECHNIQUE

You can breathe deeply, keeping the air in for a couple of seconds and slowly releasing it through your mouth. Repeat this action several times, until you start to feel relaxed.

When practicing this technique, do not do it very fast; you may start to feel dizzy.

MUSCULAR RELAXATION TECHNIQUES

When we contract or squeeze our muscles, and then relax them, our body releases some of the accumulated tension. One of these techniques is based on the way our body reacts. To carry out this technique, you will need to contract and relax the different muscles in your body, for example, contract and relax the muscles in your legs several times. Repeat the technique with the muscles in your back, arms, stomach, etc. Gradually, you will start feeling relaxed.



brazos



piernas

Repeat these techniques until you reach the desired outcome.