



PainSupport

Relax...

Relaxation Collection No. 2

by Jan Sadler of PainSupport

www.painsupport.co.uk

Relaxation and visualisation, the key to pain and stress relief

Ten ideas and techniques to help take the stress out of daily living, reduce pain and bring relaxation and enjoyment to your life.

Relax and Unwind

Take a minute out of your day to concentrate on your breathing. Take a long deep, and gentle breath in through your nose and then exhale very slowly through your mouth. Notice how it feels as your breath leaves your body. Feel the relief and notice how you begin to feel more relaxed. Repeat once or twice. Use this relaxing technique every hour or so throughout the day to calm and unwind.

Take time every day

Take time every day to get close to nature...

Listen to the birds...

Appreciate a beautiful painting...

Be near moving water...

Smell the flowers...

Find your own ways to 'let go' and stand back from life for a short while.

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Boost your Laughter and Fun Quota each day

Laughter is a great stress and pain reliever. What never fails to put a smile on your face? Whatever it is, make time to fit more of it into your life. Spend more time with friends who make you laugh, enjoy funny films and books and always look for the amusing side of situations.

Good enough is good enough!

Are you a perfectionist?

Expecting more of yourself than it is possible to give creates unnecessary stress.

It happens to many of us with pain in our lives. We try to keep going as we used to in the past. It is better for us to let go of how we used to be and make life easier for ourselves.

We cope better when we accept that we can only do so much at a time and that 'good enough is good enough'.

Decide at the start of the day what you aim to do – and then cut it down to allow for relaxation and enjoyment.

Green and blue for relaxation

Green and blue... the colours of nature - and the ultimately calming colours. Imagine a green field, with blue sea in the distance and wide blue skies overhead. In your imagination, take a slow walk through the green field, and then rest for a while under a beautiful green tree. Let the blues and greens around you fill you with peace and comfort.

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Quick Pain or Stress Reducer

Your brain tends to concentrate on the newest physical sensations in your body - use this to your advantage!

When you feel the discomfort rising, try this...

First of all, noticed the level of your pain. Then concentrate on one of your hands. Rub your thumb and the fingers of that hand against each other and focus on the sensation you can feel in the fingers. Notice everything about it, texture, temperature, sensation, etc. Now notice your pain level - has it changed?

You can also use the rubbing sensation to remind yourself to take several slow deeper breaths which will also help to reduce any pain.

Smile!

I know, you don't feel like smiling when stressed or in pain! But even so, let your face soften around your mouth and jaw and deliberately smile gently. This will send positive messages to your brain which will begin to release 'happy' endorphins, your body's own feel-good chemicals. As you practice, very soon the smile will become natural and you will feel more relaxed and peaceful. This is also a wonderful 'beauty treatment' as smiling produces far fewer wrinkles than frowning with your mouth pulled down!

Look out of the window

Leave worries aside for a few moments, look out of the window and let the beauty of the sky, the scudding clouds, the shapes of trees and the colour of any flowers soak into you.

If you like, imagine the letters that spell 'relax' appear in the sky, make them into rainbow colours or just one of your favourite colours - and feel yourself relax...

Our greatest wealth is to appreciate what we have and what we are.



Mood-boosters

Special phrases, or 'mood-boosters', help you to accept what is happening at any time. Choose a phrase that will shift your attitude at difficult moments. Here are some examples but, of course, it's best to make up your own. Repeat your chosen words again and again, especially when you feel upset in any way.

Whatever happens, I'll handle it.
I'll find the opportunity in this problem.
Be calm, be still.
The past is over and done with... let it go.
I am calm and confident.

We hope you enjoy these relaxation techniques and find them helpful.

View our first collection here:

<http://painsupport.co.uk/wp-content/uploads/2014/11/relax1.pdf>

Try one of our highly successful and relaxing CDs or downloads

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