

## Tips for fitting relaxation techniques into your life

- **If possible, schedule a set time to practice each day.** Set aside one or two periods each day. You may find that it's easier to stick with your practice if you do it first thing in the morning, before other tasks and responsibilities get in the way.

### Set a goal this week of practicing deep breathing each day at 10am, 2pm, and 7pm

- **Practice relaxation techniques while you're doing other things.** Meditate while commuting to work on a bus or train, or waiting for a dentist appointment. Try deep breathing while you're doing housework or mowing the lawn. Mindfulness walking can be done while exercising your dog, walking to your car, or climbing the stairs at work instead of using the elevator. Once you've learned techniques such as tai chi, you can practice them in your office or in the park at lunchtime.
- **If you exercise, improve the relaxation benefits by adopting mindfulness.** Instead of zoning out or staring at a TV as you exercise, try focusing your attention on your body. If you're resistance training, for example, focus on coordinating your breathing with your movements and pay attention to how your body feels as you raise and lower the weights.
- **Avoid practicing when you're sleepy.** These techniques can relax you so much that they can make you very sleepy, especially if it's close to bedtime. You will get the most benefit if you practice when you're fully awake and alert. Do not practice after eating a heavy meal or while using drugs, tobacco, or alcohol.
- **Expect ups and downs.** Don't be discouraged if you skip a few days or even a few weeks. It happens. Just get started again and slowly build up to your old momentum.

## Free on-line meditations

[www.youtube.com](http://www.youtube.com) search: Jon Kabat Zinn Mindscape Guided Meditation

[www.youtube.com](http://www.youtube.com) search: Deepak Chopra – Meditations for Stress Relief

[www.youtube.com](http://www.youtube.com) search: TheHonestGuys – Guided Meditation Deep Relaxation

[www.youtube.com](http://www.youtube.com) search: innerhealthstudio – Progressive Muscle Relaxation