

Relaxation Techniques

Better Sleep Starts With a Calmer Nervous System

Relaxation techniques activate your body's rest and digest response, helping slow your heart rate, release tension and quiet a busy mind.



4–7–8 Breathing

Calm your mind in minutes.



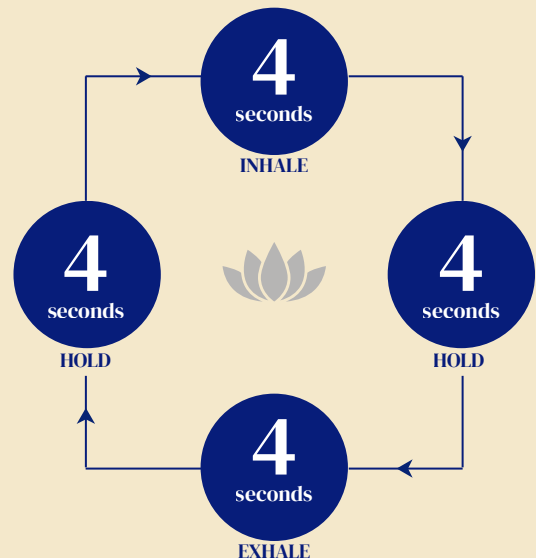
1. Breathe in through your nose for 4 seconds.
2. Hold your breath for 7 seconds.
3. Exhale slowly through your mouth for 8 seconds.
4. Repeat for 3–4 cycles, gradually increasing over time.



DURATION
2 – 4 minutes

Box Breathing

Slow. Steady. Grounding.



1. Inhale for 4 seconds.
2. Hold for 4 seconds.
3. Exhale for 4 seconds.
4. Hold with empty lungs for 4 seconds.
5. Repeat for 4–6 cycles.



DURATION
3 – 5 minutes

*There's no perfect breath.
If you lose the rhythm, simply begin again with the next inhale.*



Body Scan

*Release tension,
One breath at a time.*

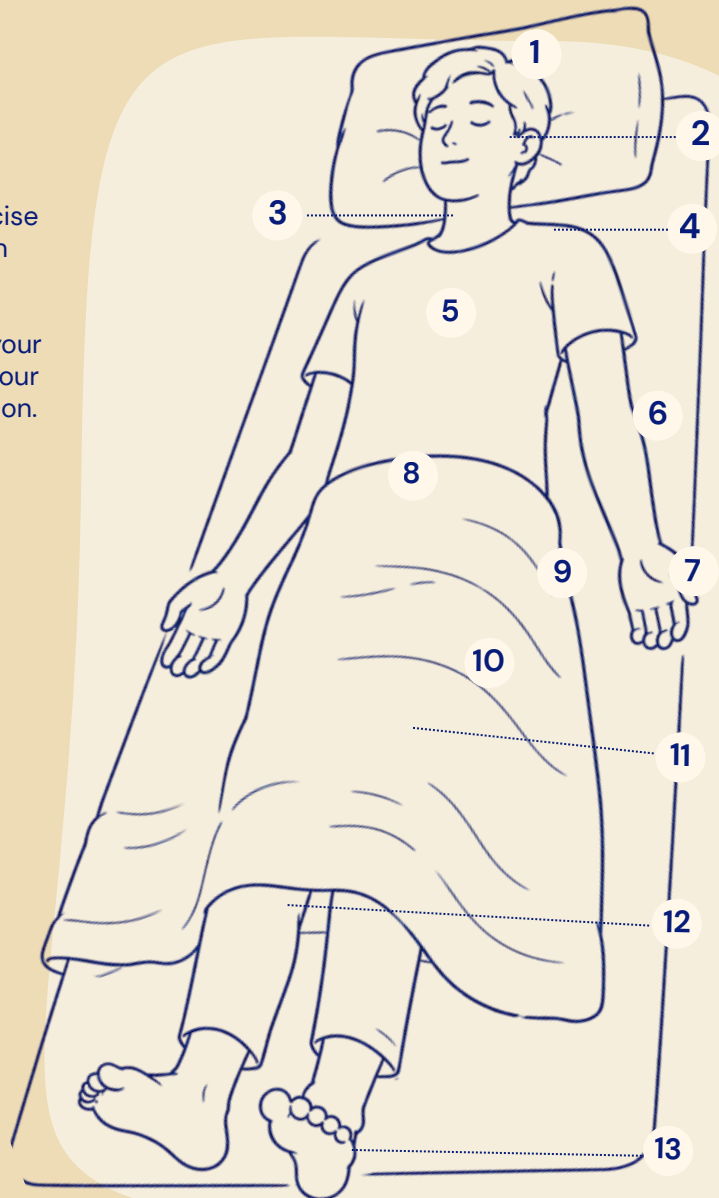
Body scan is a simple mindfulness exercise that helps shift your attention away from racing thoughts and into your body.

By moving your awareness slowly from your feet to your head, you encourage both your muscles and your mind to let go of tension.



Body Journey

- 1 Head
- 2 Face
- 3 Neck
- 4 Shoulders
- 5 Chest
- 6 Arms
- 7 Hands
- 8 Stomach
- 9 Hips
- 10 Thighs
- 11 Knees
- 12 Calves
- 13 Feet



How to practise



Take three slow, gentle breaths



Begin by noticing the sensations in your feet



Slowly move your attention upward, pausing for a breath or two at each area



If you notice tension, imagine breathing warmth into that part of the body



If your mind wanders, gently return to where you left off

Duration

10 - 20
minutes

*There's no goal to achieve.
Simply noticing your body is enough*

