



The Mind Garden
bloom where you're planted

RELAXATION TECHNIQUES

MUSCLES

tension release

Progressive Muscle Relaxation (PMR) is a technique that helps reduce physical tension and promote relaxation

In this activity, you'll be guided through a PMR exercise with the goal of releasing tension in different muscle groups progressively. With regular practice, you'll become proficient at this technique, making it effortless to perform without referring to these instructions each time.

1. Find A Quiet Space: Choose a quiet and comfortable place to sit or lie down.
2. Start with Your Feet: Curl your toes and tense the foot muscles for 5 seconds, then release.

3. Move to Your Legs:

Focus on your calves, then thighs and hips, tensing and releasing for 5 seconds each.

4. Engage Your Upper Body:

Concentrate on your abdomen, chest, arms, and hands, tensing and releasing for 5 seconds each.

5. Relax Your Face & Neck:

Tighten your facial muscles and shoulders for 5 seconds, then release.



Post Exercise Reflection Question:

How did your body feel after completing the PMR exercise, and did you notice any changes in your overall sense of relaxation or tension?



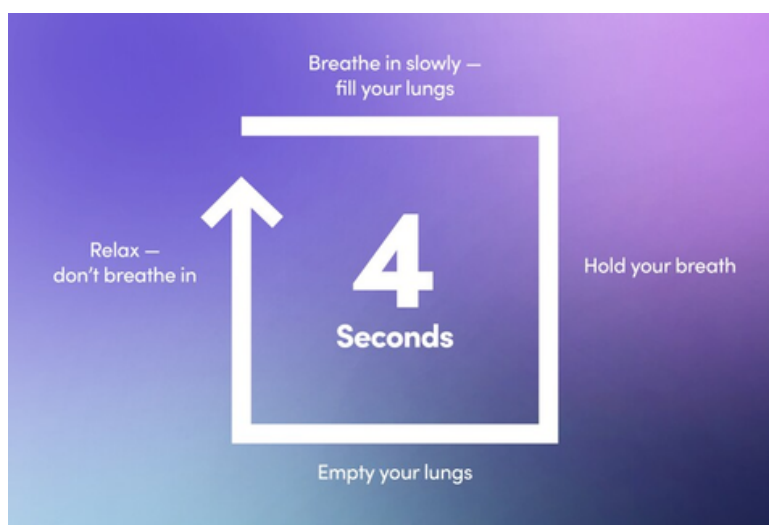


The Mind Garden
bloom where you're planted

SQUARE

deep breathing

Deep breathing is a vital relaxation technique. It reduces stress and anxiety, enhances mindfulness, and improves mental clarity. It aids emotional regulation and resilience to stress, promotes better sleep, and alleviates physical symptoms related to stress.



1. Find A Quiet Space: **Choose a peaceful place to sit or lie down comfortably.**
2. Breathe In Deeply: **Inhale slowly and deeply through your nose for a count of four.**
3. Exhale Slowly: **Exhale slowly through your mouth for a count of four.**
4. Repeat: **Continue this deep breathing pattern for several minutes, focusing on your breath and letting go of tension with each exhale.**

Done? It's Time to Reflect!

Reflect on the interplay between your thoughts and physical sensations as you practiced deep breathing. How did each affect the other, and what did you learn from this experience?





The Mind Garden
bloom where you're planted

NATURE'S *connection*

In the hustle and bustle of daily life, we often overlook the calming influence that nature can have on our minds and bodies. Taking a moment to connect with the natural world around us is a powerful way to reduce stress and enhance our overall well-being

This activity invites you to pause, step outdoors, and engage your senses in a mindful exploration of your natural surroundings



Connect with Outdoors

Find a quiet outdoor spot. Engage your senses by observing what you see, hear, feel, smell, and, if safe, taste in nature.

Time to Think

Did this moment with nature bring you a sense of calmness or any other emotions?

Commit to Nature Time

Set a goal for how often you'll engage with nature. Write down how you'll incorporate nature into your routine (e.g., daily walks, weekly hikes).

