

Information on Relaxation

什么放松

Take time to think 用一点时间去想一想

- Take a small break 稍事休息
- Take time to stop and look around.利用一点時間，停一停，看一
- Close your eyes 閉上你的眼睛
- Listen to the sounds around you 听一听周围的声音
- Notice the small things around you.注意你身边的小東西

Breathing exercises: 呼吸練習

- Gently breathe in your nose and out of your mouth.慢慢的用鼻子吸气然后用嘴呼出
- Keep it slow and regular 保持缓慢和規律
- Slowly tense and relax all the muscles in your body 慢慢的緊張放松和你的肌肉

Listen to music: 听音乐

- Your favourite music can help you relax 你喜欢的音乐可以幫助你方松
- Songs which are slower and designed to relax the mind are a good choice.慢音乐节拍是很好的选择

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Active relaxation:活动的方松

- Gentle exercise like a walk or Tai Chi can give you time to relax. 温柔的步行或者太极也是可以方松心情的
- Exercise can also release hormones which can help reduce depression and anxiety.运动也是可以发布 荷尔蒙，這也是可以幫到抑郁症和焦虑症

What makes you happy?什么事可以让你感到快乐

- Think about a place that makes you happy like a beach or a park. 想一个让你快乐的地方比如海滩或者公园
- Imagine yourself in these place、， 梦想自己在这个地方
- Think of sounds and smells around you.在你周围，听一听声音，闻一闻香味
- Doing this can help bring back nice memories and help you relax. 通过這重次方法你會把美好的回忆帶回来也可以幫助你方松自己
- Practice:练习
- Set aside time to practice these techniques as many times as you can.利用业余的时间來练习这些技术，尽可能练习多次
- Find somewhere quiet where you won't be interrupted so you can focus.找一个没有人可以打岔和安静的地方。

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