



# SOUTHEAST PSYCH

PSYCHOLOGY FOR ALL

## 8 Easy Ways to Relax

Relaxation is usually at the top of lists of ways to manage stress. It can be hard to know where to start when you are overwhelmed and told to “just relax.” Here are simple relaxation methods that are easy to learn and effective. You can try them all or pick a few to learn well. Be sure to practice them regularly, not just when you are stressed out.

1. Breathe in slowly to a count of five, pause and hold your breath for a moment, and exhale slowly to a count of five. Repeat. Repeat again. And again. For as long as you want.
2. Spend at least five minutes with your eyes closed while you imagine yourself in a place that makes you feel calm (a beach, your bed, by a stream, etc.). Be sure to pay attention to what you imagine seeing, hearing, feeling.
3. Meditate (you can download guided meditation mp3's online). Even 10 or 15 minutes a day can make a big difference in overall stress levels.
4. Listen to music that is calming. Pay attention to the sounds.
5. Practice Yoga.
6. Spend time with your pet.
7. Make a hot cup of tea and focus on the smell, taste, and other sensory experiences while drinking it.
8. Take a hot bath.

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