

Relax and Take Control

The relaxation tracks were produced by the Kirklees Health Trainer service, in conjunction with 5 ways to wellbeing Kirklees, to help you experience different forms of deep relaxation.

Before you listen to the relaxation tracks please take note of the following:

- The relaxation tracks should not be listened to whilst you are driving or operating machinery as you might become drowsy.
- To enjoy the benefits of these relaxation tracks make sure that you listen to them in a place where you feel safe and relaxed and where there will be no interruptions.
- The relaxation tracks should not be used as a replacement for seeking medical advice for any health problems.
- Make sure the clothing you are wearing is comfortable.
- Always use your common sense, listen to what your body is telling you and if at any point you feel uncomfortable or unsafe, stop. Try listening to the tracks later or on another day.

Give yourself time to listen to each track all the way through. The relaxation tracks have been created to help you appreciate why relaxation is so very important and inform you about the different forms of relaxation we will be exploring.

The aim of these relaxation tracks is to give you the skills to enable you to relax whenever you choose.

To gain the most benefit from relaxation it's important that you practice regularly. Many people need a couple of months to get to the point where they can deeply relax so please make sure that you invest time and energy and you will reap the benefits.

Studies have shown that regular relaxation reduces worry, tension and can even reduce pain. By following these exercises and meditations, most experience an improvement in their health and well-being and often feel they have more energy.

If you haven't tried relaxation exercises before, the most important thing is to learn how to breathe properly. Many adults are not breathing in the most

beneficial way. Tracks 2 and 3 will support you to learn how to breathe properly. Try and practice the breathing exercise as often as possible, so it becomes your natural way of breathing.

Track 4 is a creative visualisation meditation that will take you on a gentle imaginary journey to the beach which will help you release your worries and stress and recharge your batteries.

Track 5 teaches you a quick and easy way to notice the build-up of tension in your body and how to release it. Practice regularly and the benefits of this exercise can be felt in just a few minutes.

Track 6 is a mindfulness meditation called the Body Scan. The aim of this meditation is to learn how to be deliberately more aware of your experiences, your thoughts, your feelings and the sensations in your body without judgement, fear or reacting in an automatic or habitual way to them. With time, the Body Scan meditation will allow you to learn how to respond to life's circumstances in a calm and controlled way.

Some people struggle to feel any benefit from listening to and practising meditations, but usually there are some simple reasons for this.

Some people get annoyed when their mind wanders. The fact is, it is completely normal for the mind to wander during a meditation. The trick is not to get frustrated but to notice when your mind has wandered and gently bring your attention back to the meditation and carry on listening. This may mean coming back to the present moment over and over again, but try not to worry or get annoyed, see if you can allow yourself to accept it and move through it.

Some people don't practice regularly. You need to practice for at least 10 minutes every day. Sometimes it might feel like nothing is changing, or that it's not worth it and you are wasting your time, but after a few months most people realise how much better they are feeling, so don't give up! Just set aside some time for yourself each day and enjoy listening to the relaxation tracks.

Thank you for listening and we hope you enjoy your relaxation experience.