



Supporting the anxiety (intervention)

Supporting approach 'Relaxation'	Making it successful	Resources
<p>Using relaxation techniques can be helpful for calming thoughts and tensions in the body caused by anxiety.</p> <p>Relaxation techniques are unlikely to cure the anxiety but will help to manage and control anxieties alongside other approaches being used.</p> <p>Some relaxation techniques involve relaxing your body and focusing your thoughts. Others involve engaging in activities that bring pleasure and distraction. Some relaxation techniques are: Breathing exercises Visualisation Progressive muscle relaxation Yoga/meditation Physical exercise Creative activities</p>	<p>People need to try different relaxation techniques until they find the one or ones that work for them.</p> <p>It takes practise to find the one that suits you.</p> <p>Think about the environment that will make doing your relation technique successful.</p> <p>Relaxation techniques work best when combined with other approaches to manage and reduce anxiety and boost overall feelings of wellness physically and emotionally.</p> <p>Some popular activities that people think are relaxing, such as watching tv, playing a computer game or having specific foods or drinks do not assist the nervous system in the body to: Slow down heart rate; make breathing slower and deeper; reduce or stabilize blood pressure; increase blood flow to brain; relax muscles.</p> <p>Relaxation techniques can be used proactively to prevent anxiety levels increasing or used in response to anxiety rising.</p>	<p>Tips and exercises to help you relax</p> <p>Relaxation exercises at home- guide for parents and carers https://blogs.glowscotland.org.uk/re/stfillans/fi%20les/2018/05/Relax-Kids-Pack-for-Parents.pdf</p> <p>Relaxation scripts for children and more https://www.innerhealthstudio.com/relaxation-scripts-for-children.html</p>

In positive psychology, **flow** is the mental state of operation in which a person performing an activity is completely absorbed and fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. *Mihaly Csikszentmihalyi*