



Relax Guidelines

Sleep

- 7-8 hours per night
- More effective if in between 9-10pm

Breathing

Focus 3-5 times per day on deep breathing, even if just for a short period of time

Meditation

- Start with slow progression of 5-10 minutes
- Comfortable position (seated or lying down) in calm room
- Some apps that can help (insight timer, buddhify)

Awareness of Stresses

Mapping your day and taking a deeper look at controllable activities that could be increasing stress levels.

Music and Aromatherapy

Smell and sound can either calm or aggravate, therefore proper addition can help to reduce general stress.