

The Top 10 Ways To Relax

Meditation

Meditation is an ancient set of techniques that allows your mind to soften and your body to relax as you gain more and more concentration and awareness. Scientific studies on the brain activity of Buddhist Monks have shown them to be some of the most relaxed people in the world. Meditation has also been proven to help relieve stress. It is important that you find a good meditation teacher who knows what they are doing. Learning to meditate can sometimes be a frustrating endeavour, as your mind grapples with winding down its constant thinking. Because of this we suggest trying a meditation retreat, where, in a secluded and very supportive retreat venue, you can slowly learn to unwind and let go.

Read a book

Turn off the TV, the radio, the Internet. Find a good book, lie down on the sofa, and read in silence.

During the course of the day we expose ourselves to so many different forms of stimulation, and our minds are becoming addicted to it. Removing these constantly intruding sources of stimulation for a few hours each day and focusing the mind on a simple yet gripping task can be deeply relaxing, allowing you to unwind from the day.

Get some rest

This is perhaps the most obvious one. But you would be surprised how many people are incapable of resting properly. Take a few days off of work, and use them to do absolutely nothing. Don't go away; don't go out drinking at night or go for late suppers. Stay in, catch up on your sleep and go out of your way to avoid doing anything at all.

Because, as a society, we have grown an addiction to constant stimulation, in those rare moments that we do not have to go to work, we run around like headless chickens, doing everything in our power to pursue pleasure instead of peace. Breaking this habit a few times a year can be an extremely powerful healing tool.

Have a bath

This is another obvious one. Turn on the bath, turn down the lights and, for a full hour, do nothing but relax. Try pouring some Epsom salt in the mix as well to relax those tired muscles of yours.

Go for a run, outside

Exercise can be extremely therapeutic, allowing your mind to focus on its object of exercise and your body to unwind. Just make sure that you are running outside, and not on a treadmill in a gym. Gyms are extremely sterile, claustrophobic environments and will not help in stress relief... they often have the opposite effect. If you live in the countryside, then find your nearest country path, if you live in a city or town, head for your closest wooded park.

Have a massage

Massages, like the above, are scientifically proven to relieve stress. Find a good masseuse that you can trust and request at the beginning that you are allowed to sleep during the massage. This does not mean that you have to go to sleep, but should prevent the chatty-type masseur from preventing you from truly relaxing with their natter!

Yoga

Yoga is an ancient art form that works on your body's subtle energy fields, restoring balance and harmony to your chi fields. The first few sessions can often prove more painful than relaxing, as your body becomes accustomed to what is often a difficult workout. Learn to let go, to give into the positions, and to not strain your mind with too much thinking. If you find yoga to be too difficult, or if your body is simply not capable of reaching the required positions, why not try Chi Gung? Chi Gung achieves similar results, reorganising your chi levels and allowing you to relax and unwind.

Play an instrument

Playing a relaxing song on an instrument is much more soothing than listening to someone else playing one. If you do not know any instruments, learn one. Not only is it incredibly rewarding in its own right, but it will give you a platform through which you will be able to unwind for the rest of your life. The guitar or the piano is great places to start.

Go Hiking

There are many different type of hiking, ranging from a simple stroll in the countryside to an epic crossing of the Himalayas.

Whatever kind of hiking you want to do, make sure that it is somewhere beautiful, and don't bring your iPod. Use it as an opportunity to get back in tune with nature. Instead of distracting yourself with a song, hear, see and smell everything going on around you.

If you have the time and budget, set aside a few weeks and organise a trek across a mountain range. The air is fresh, and you will be far away from the stresses and strains that affect your daily routine.

Go Canoeing on a river

There is little that is more relaxing than spending a beautiful day canoeing down a peaceful river. Head to the nearest place with a river long and wide enough to make a day or, better yet, weekend of it. Bring some camping gear and get back in touch with nature whilst listening to the soothing sound of water as it passes you. Make sure that yourself and everyone you are with can swim and take all necessary precautions.

Author's Bio

This guest article is written by XYZ for Client Link

