

20 WAYS TO RELAX WITHOUT DEEP BREATHING

Relaxing your mind and your body is essential to reduce stress and stimulate your body's natural healing processes. There are thousands of relaxation and mindfulness exercises available, however many have a focus on practicing deep breathing, which can be challenging or stressful for people who are experiencing breathlessness. Here are some ideas for easy ways to practice relaxation and mindfulness without focussing on your breathing.

- **Listen to relaxing music**
- **If it is safe for you to do so, go outside and feel the sun on your face**
- **Put on something warm (like fluffy socks) and focus on how nice it feels**
- **Use your hands to focus on a pleasant temperature, like a warm mug or a cool glass**
- **Practice some gentle stretches**
- **Imagine walking around your favourite place**
- **When sitting, bring your attention to all the points of your body that are making contact with your chair or bed**
- **Mindfully wash your hands, by focussing on the sensation of the water and soap on your skin**
- **Do something repetitive but engaging, like colouring, knitting or doing a jigsaw puzzle**
- **Star gaze, or find pictures in the clouds**
- **Stand up - bring your attention to your feet on the floor, and focus on standing up straight with relaxed shoulders**
- **Take the time to enjoy something you routinely do, like putting on hand cream or brushing your hair**
- **Focus on a pleasant texture, like clean sheets, a fluffy towel, or a smooth surface**
- **If you have a pet, spend some time watching them relax**
- **Look for guided visualisations online that don't focus on the body**
- **Re-read a book that you found relaxing or comforting as a child**
- **Eat your food mindfully - really focus and enjoy each mouthful**
- **Listen to a play or a story**
- **Have a go at art - start doodling, or try an online art tutorial**
- **If you have access to them, try playing with children's toys like lego, play-doh or kinetic sand**