

Using all our senses to relax

wee changes can make a **big difference** in helping you feel better

Often, we think of listening and relaxing, but that only uses one of our senses. We have other senses which can also be used to help promote feelings of calm and relaxation and help us centre in the moment. Some people may for different reasons prefer one option over another, this is why we have given so many examples, to help you find something which works for you.

Visit www.cope-scotland.org website for more information. So, how do we use our senses to relax?

Using Movement to relax

Ideas can include, rocking in a chair, swinging in a hammock, yoga, dancing, going swimming and being held by the water, just don't fall asleep anywhere unless it is safe to do so!



Using Touch to relax

We think of massage which is one-way touch can help us relax, however, we can also have our own comfort blanket or snuggle, have a read about weighted blankets and the reported benefits made about their use for helping you sleep, feel less alone. You can also give yourself a hand massage, even using some hand cream can be a way to connect with yourself and say, I matter.

Being in nature provides so many opportunities to use touch to relax, walking on a beach and feeling the warm sand between our toes, or feeling the refreshing rain on our cheeks, a cool breeze on a warm day, even a refreshing shower after a hard day's work, or, warm bath all can help us use touch to relax.



Using Taste to relax

Think comfort food and immediately you can see how taste can help us relax and feel more content. Some comfort food is high in calories so be careful what you eat and how much, but even something as simple as a bowl of that famous tomato soup can make the world seem a kinder place.

Maybe find out more about Mindfulness and Mindful eating. Slowing down how we eat and really experiencing what we eat with all our senses, you will be amazed how much better things can taste.



Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: www.cope-scotland.org



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Using sight to relax

Finding images which work for you. It can be watching a kitten playing or leaves being blown by the wind or climbing a hill and looking out over the distance or finding videos online with relaxing images. Visit our website for a 3min relaxer, or, even carrying a picture which makes you smile can all help you to relax

Using emotions to relax

Sometimes, something happens which wants to make us cry. This is okay we need to release our tears, so we can begin to heal and restore our balance. Life sometimes can be challenging, and tears is a natural response to feeling sadness and sorrow. Sometimes we need a really good laugh to release tension and restore balance. Watching a good old-fashioned comedy on TV can help us find that release, or, become aware of the importance of joy and how to bring it into every day. Smile at least once every day even when you don't feel like it, as that's when you need to smile the most. Please visit our pieces on the website about its 'okay to cry' also 'laughter yoga' for more information. We have emotions, learning to get in touch with them can relieve tension and help us relax. If you prefer something more physical working out at the gym or going to the driving range and working through a basket of golf balls, can also release stress and help us relax. Writing poems is another way to use our emotions to relax.



Using smell to relax

Please visit the blog on our website on what we breath can affect our health which includes a free booklet on essential oils. Aromatherapy is one way to us smell to relax, but also, the fresh smell in the air after rain, or the anticipation of a nice hearty bowl of soup which we smell cooking in the kitchen. Or the smell of fresh bed linen. When we begin to become aware of the opportunities around us to savour the moment you will be amazed at just how many there are.

Listen to relax

Yes we can use many forms of audio relaxation CD's, MP3's etc. But also look for opportunities in the every day , the wind in the trees, the sound of bird song, water babbling in a brook. Learning to be comfortable with silence. When we open our senses to the world around us there are so many things which can restore our sense of wellbeing and balance, we just need to look for them.



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