

# Relaxation Prescription

Community Wellbeing Hub

Occupational Therapy

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**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Prescribed by:** \_\_\_\_\_

**Contact:** \_\_\_\_\_

## Why have I been prescribed relaxation techniques?

There are many breathing and relaxation techniques that can help relieve anxiety and promote a sense of calm in both body and mind. With regular practice, these exercises can become second nature, allowing you to manage stress more effectively and feel more relaxed overall.

You are encouraged to practice the relaxation strategies provided to you twice daily. Begin in a calm and quiet environment.

- Try to practice when you are not feeling anxious, to build confidence.
- As you become more comfortable, you may gradually introduce these techniques into more challenging situations.
- Relaxation should never cause discomfort or pain. If it does, stop and seek guidance from your Occupational Therapist.

## Recommended relaxation techniques

### 1. Deep Breathing (Diaphragmatic Breathing)

Inhale slowly through your nose for 4 seconds, hold for 4 seconds, and exhale through your mouth for 6 seconds. Repeat for 5–10 minutes.

### 2. Progressive Muscle Relaxation (PMR)

Tense and then slowly release each muscle group in your body, starting from your toes and working up to your head.

### 3. Guided Imagery

Close your eyes and imagine a peaceful scene (e.g., a beach or forest). Focus on the sights, sounds, and smells to immerse yourself in the experience.

#### 4. Mindfulness Meditation

Sit quietly and focus on your breath or a mantra. Gently bring your attention back whenever your mind wanders.

#### 5. Box Breathing (Square Breathing)

Inhale for 4 seconds → Hold for 4 seconds → Exhale for 4 seconds → Hold for 4 seconds. Repeat for several minutes.

#### 6. Body Scan Meditation

Bring awareness to each part of your body, noticing sensations without judgment, starting from your feet and moving upward.

#### 7. Soothing Music or Nature Sounds

Listen to calming music or natural sounds like rain or ocean waves to help ease tension.

#### 8. Gentle Movement

Try yoga, tai chi, or stretching exercises to release physical tension and calm the mind.

If you have any questions or concerns, please contact your Occupational Therapist.

### More information

#### NHS Inform – Relaxation Exercises

[www.nhsinform.scot/healthy-living/mental-wellbeing/stress/breathing-and-relaxation-exercises/](https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/breathing-and-relaxation-exercises/)



“Learn to relax. Your body is precious, as it houses your mind and spirit.  
Inner peace begins with a relaxed body.”  
— Norman Vincent Peale