

Meditation, mindfulness and relaxation

Energy is physical, emotional and cognitive. It is important to take time to recharge these different elements. How we recharge is personal to us below are a few ideas. The key element is to find cognitive, physical and emotional stillness, quietness and peace.

Talking therapies

IAPT and LiFT are talking therapies that offer group and 1:1 sessions depending on your needs. They are free to access and rely on a self referral to take part. You can call the number below or follow the link for an online self referral.

Wiltshire – [01380 731335](tel:01380731335)

BaNES – [01225 675150](tel:01225675150)

Swindon - [01793 83683](tel:0179383683)

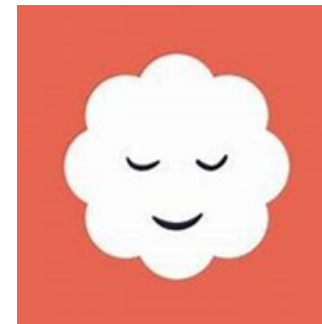
Getting active - gently

When we exercise our body naturally released a "feel good" hormone that helps to lift your mood and decrease your stress.

Below are some useful Youtube videos that allow you to gently begin to exercise again

- [10 minute gentle chair based pilates](#)
- [5 minute seated Tai Chi](#)
- [10 minutes of gentle yoga movement](#)

Apps



My life



HEADSPACE



Breathing & relaxation

There are many different breathing and relaxation techniques out there all focusing on different things. Below are a few Youtube videos directing you to various relaxation and breathing techniques.

- [5 minute yoga breathing exercise](#)
- [5 minute progressive relaxation video](#)
- [10 minute deep rest yoga video](#)
- [Guided visualisation](#)

Grounding techniques

Grounding techniques incorporate all 5 of your senses in a way to calm and relax the nervous system. There are different ways of doing this

- [Link to a PDF with a few different techniques to follow](#)
- [A 3 minute grounding video](#)
- [Square breathing technique](#)