

## Progressive Muscle Relaxation



Practice of purposefully tensing different muscle groups before relaxing them again to release any stress & tension from the day.

[More info](#)

## Humming



Humming has a calming effect on your nervous system and relaxes your face, neck and shoulder muscles.

[More info](#)

## 4-7-8 Breathing



A breathing technique involving breathing in for 4 seconds, holding your breath for 7 seconds, and breathing out for 8 seconds.

[More info](#)

## Body Scan



Practice of focusing on each part of your body one by one to increase awareness of your physical sensations, including tension and pain.

[More info](#)

## Sound meditation



Fall asleep more easily while listening to soothing sounds such as ocean waves. There are many apps to help you get started.

[More info](#)

## Guided Imagery



A visualisation technique that involves thinking of a specific object, sound, or experience in order to calm your mind.

[More info](#)