

Relaxation and Rest

Resting, relaxing, and sleeping well are vital for wellbeing.



Small changes and regular moments of rest can help you feel calmer, more energised, and better able to cope with daily life.

Regular rest and relaxation can reduce stress and anxiety, and help your body to recover

Rest is not a luxury — it is an important part of looking after yourself.





- Slow, deep breathing
- Gentle stretching or yoga
- Listening to music or a guided relaxation
- Spending time outdoors or in nature
- Enjoying a quiet activity such as reading or crafts

Even a few minutes of relaxation can be beneficial.

Sleep helps your body and mind recover.

You may find it helpful to:

- Keep a regular bedtime and wake-up time
- Reduce screen time before bed
- Avoid caffeine late in the day
- Use relaxation techniques to wind down



Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

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You are not alone. Support is available.