Managing Stress with relaxation techniques

Stress is a normal, physical and mental response that helps you cope effectively with a situation.

Here are some tips to manage your feelings of stress:

- Manage your time
- Take a break
- It’s OK to say ‘No’
- Use positive self-talk
- Go for a walk/exercise
- Do something you enjoy
- Smile or tell a joke
- Deep breathing
- Practice meditation

Deep Breathing

- Find a comfortable position then close your eyes
- Breathe in and out gently through your nose
- Keep your breathing smooth and regular
- Let any thoughts come and go - bring all your attention to your breath
- Tell yourself to ‘relax’ or ‘calm’

Benefits of Relaxation

- Ability to cope with stress
- Improves concentration, ability to focus, memory and decision-making
- Mood stability
- Contributes to your health and well-being
- Creates calm and peacefulness

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Guided Meditation - Beach

Picture in your mind that you are walking along a beautiful, deserted beach. You can feel the firm white sand under your bare feet as you walk along next to the water. You can hear the sound of the surf as the waves come and go. The sound is hypnotic and you relax more and more. The water is a beautiful aquamarine colour and you can see little whitecaps out where the waves are breaking. In the far distant horizon you can see a small sailboat moving along smoothly.

As you hear the sound of the waves breaking on the shore, you go deeper and deeper into relaxation. With each breath, you can smell the fresh, salty air. The sun’s rays warm your skin, while the gentle breeze against your cheek ruffles your hair. Taking in the whole scene, you feel very calm and relaxed.

Now, retrace your steps along the beach and return to the present moment. Stretch, move and open your eyes.

Counselling Service Relaxation Sessions

Take time out and learn to relax by coming along to our free lunchtime relaxation sessions between 12:00 and 1:00pm at:

Preston: Building C, Room 208
Fairfield: Building Q, Room 106
Epping: Building M, Room 207

To make an appointment with a Counsellor, contact Student Services on 9269 1314

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