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
Guided Meditation - Mindfulness

When you’re in a comfortable position, gently close your eyes. Now is the time to do nothing but simply be in the moment. Let go of everything you’ve been doing or think you need to do. Become aware of what’s going on, right now in this moment.

Allow your awareness to settle down and become aware of any thoughts, feelings, and sensations in your body. Try to notice all of that without trying to change or resist it. If there are a lot of thoughts don’t try to push them away or change them, just let them come and let them go. Be aware of all that’s going on without giving it a label or trying to figure it out. Accept what’s happening and let go of any resistance or urge to change anything – everything is just perfect the way it is. If you notice any emotions that are present, allow them to be there without resisting them. Notice what’s happening in your body, any sensations you feel, the breath moving in and out of your nose. Simply become aware of everything that’s going on within and around you. Allow yourself to simply be relaxed and calm.

Now, when you’re ready, 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