Relaxation techniques can reduce stress symptoms by:
• Slowing your heart rate
• Lowering blood pressure
• Slowing your breathing rate
• Reducing activity of stress hormones
• Increasing blood flow to major muscles
• Reducing muscle tension and chronic pain
• Improving concentration and mood
• Lowering fatigue
• Reducing anger and frustration
• Boosting confidence to handle problems

Types of relaxation workouts
• **Progressive muscle relaxation.** In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group. This helps you focus on the difference between muscle tension and relaxation. You become more aware of physical sensations. One method of progressive muscle relaxation is to start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for at least five seconds and then relax for 30 seconds, and repeat.
• **Deep breathing**
• **Meditation**
• **Tai chi**
• **Yoga**
• **Music and art therapy**

**Stretching basics**
• **Focus on major muscle groups**
  • calves, thighs, hips, lower back, neck and shoulders
• **Don't bounce**
  • Bouncing as you stretch can cause injury to your muscle.
• **No pain**
  • Expect to feel tension while you're stretching, not pain. If it hurts, you've pushed too far
• **More than once**
  • you can achieve the most benefits by stretching regularly, at least two to three times a week.