

# Relaxation with Rose

## Relaxation

**The state of being free from tension and anxiety. To attain a state of increased calmness; or otherwise reduce levels of pain, anxiety, stress or anger.**

Relaxation can help mind and body by reducing tension, stress and anxiety. It can help to improve poor sleep and concentration.

Relaxation can help to lower blood pressure and help with skin conditions brought on by stress like eczema and psoriasis. It can ease migraines and digestive problems brought on by stress and anxiety.

## How do I prepare to relax?

- Allow yourself 20 to 30 minutes of 'You Time' daily
- Find a place that is warm, quiet and free from disturbances
- If possible, dim the lights and let people know not to disturb you
- Switch off any phones
- Take a few moments to get yourself as comfortable as possible
- Make sure that your back and head are supported and comfortable
- Your hands and arms should be loose, either resting on your lap or down by your side
- Make sure that you are not clasping your hands or clenching your fists
- Your legs and feet should be loose in front of you
- Make sure that your legs and ankles are not crossed
- If you are lying down, let your feet turn out to relax the muscles on your inside legs



**Now, take a moment for yourself – breathe, unwind and relax with Rose. You can join Rose's gentle online relaxation sessions anytime:**  
[stclarehospice.org.uk/relaxation](https://stclarehospice.org.uk/relaxation)

 **YouTube**

Search 'Relax with Rose St Clare Hospice' to watch the sessions directly.

# Relaxation and Mindfulness Resources



Scan the QR codes below using the camera on your phone to follow a link directly.

## Short Relaxation



### Guided relaxation

Relaxation - St Christopher's Hospice ([stchristophers.org.uk](http://stchristophers.org.uk))  
[www.stchristophers.org.uk/video-exercise-relaxation/](http://www.stchristophers.org.uk/video-exercise-relaxation/)



### Body Scan

10-min Body Scan (Lying Down) Mindfulness Practice | Angie Chew ([youtube.com](http://youtube.com))  
[www.youtube.com/watch?v=aWPCJ\\_hOIXk](http://www.youtube.com/watch?v=aWPCJ_hOIXk)



### The Calming Hand

The Calming Hand | North Devon Hospice  
[www.northdevonhospice.org.uk/your-care/resources-and-information-for-you-and-your-family/the-calming-hand/](http://www.northdevonhospice.org.uk/your-care/resources-and-information-for-you-and-your-family/the-calming-hand/)



### Calm breathe bubble

Calm | Breathe Bubble ([youtube.com](http://youtube.com))  
[www.youtube.com/watch?v=uxayUBd6T7M](http://www.youtube.com/watch?v=uxayUBd6T7M)

## Longer Relaxation



**St Clare Hospice relaxation and mindfulness  
(Relax with Rose)**

[stclarehospice.org.uk/relaxation](https://stclarehospice.org.uk/relaxation)



**Calm Sleep Stories | Stephen Fry's 'Blue Gold'  
(youtube.com)\_**

[www.youtube.com/watch?v=5mGifCwig8I](https://www.youtube.com/watch?v=5mGifCwig8I)



**Macmillan Relax and Breathe**

Go to [macmillan.org.uk](https://macmillan.org.uk) and type 'relax and breathe' into the search bar. Open the audiobook file. Or the full web address is

[www.macmillan.org.uk/cancer-information-and-support/stories-and-media/audiobooks/relax-and-breathe](https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/audiobooks/relax-and-breathe)

## Relaxing sounds or music



**Calm App on Youtube**

Generative Lo-fi Music for Focus & Study/Calm Forest  
YouTube – 8 Hour

[www.youtube.com/watch?v=1yUS5637Dqs](https://www.youtube.com/watch?v=1yUS5637Dqs)

## Apps to download for a phone or tablet



### **Headspace:**

Meditation and Sleep (has breathing activities to help manage pain).



### **IBreathe**

Relax and Breathe



### **Calm**

Sleep and Meditation

