**Relaxation -----------u tube video 18 minutes**

**For Stress Management**

[Guided Meditation - Blissful Deep Relaxation](https://www.youtube.com/watch?v=Jyy0ra2WcQQ)

21M views11 years ago



[The Honest Guys - Meditations - Relaxation](https://www.youtube.com/c/TheHonestGuys)

This guided meditation will gently ease you into a state of blissfully deep relaxation. ........................................................................ If you ..

* **Visualization.** In this relaxation technique, you may form mental images to take a visual journey to a peaceful, calming place or situation.

To relax using visualization, try to include as many senses as you can, such as smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body.

You may want to close your eyes, sit in a quiet spot, loosen any tight clothing, and focus on your breathing. Aim to focus on the present and think positive thoughts.

**To be effective you must practice 2 -3 x week 10 – 20 min.**

**Relaxation techniques take practice**

**Relaxation techniques: Try these steps to reduce stress**

**Relaxation techniques can reduce stress symptoms and help you enjoy a better quality of life, especially if you have an illness. Explore relaxation techniques you can do by yourself.**

[By Mayo Clinic Staff](https://www.mayoclinic.org/about-this-site/meet-our-medical-editors)