

Short Relaxation Exercises for Your Well-Being

Introduction/Background

Stress occurs when the demands of everyday life become overwhelming and you feel like you can no longer manage everything – whether due to time pressure, complex tasks, or high levels of difficulty.

Stress can manifest physically, mentally, and emotionally, for example through:

- Back pain
- Negative thought spirals
- Difficulty concentrating

Short relaxation exercises help you to consciously notice these stress reactions and let them go.

Time: 6-10 Minutes

Hardware: Timer, a comfortable chair or mat, blanket and warm socks

Settling In

1. Sit /Lie down comfortably. You can place a small pillow under your head or knees if you like.
2. Check if you are lying comfortably. Adjust slightly if needed until you feel at ease.
3. Close your eyes and become completely calm.
4. Mentally scan your body. Consciously notice the points of contact with the surface – how your body rests loosely and relaxed.
5. Now direct your attention to your breathing.

Body Scan

- **Feet and Legs:**
Feel how your feet rest on the surface. Are your toes pointing outward or still tense? Move your attention up your legs. Briefly tense your legs, count to three, and release. Allow your feet to relax and fall loosely outward.
- **Belly and Back:**
Feel the points of contact. Does your belly rise and fall comfortably with each breath?
- **Neck and Shoulders:**
Let them relax consciously.
- **Arms and Hands:**
Your arms lie comfortably 10–20 cm away from your torso, palms facing upward. Let your arms and hands rest loosely.

Now allow yourself to lie like this for about three minutes, sending any thoughts that arise gently on their way. (Set a timer for six minutes for the full body scan and letting thoughts pass.)