What is relaxation?



It's when you have no tension, no stress.

So, if you want to relax, you need to remove tension.

You already know it, but there are two types of tension:

1. Tension in your body.
2. Tension in your mind.

How to relax your body



There are hundreds of ways to do it, but the main ones are:

1. **Supplements** (the top supplements for relaxation are Magnesium, Ashwagandha and L-Theanine)

   I buy mine from here (see the bottom of the page):

   https://jp.iherb.com/me/takenten?rcode=GRM925

2. **Exercise**. Even light daily exercise (when you stop just before you get hot and sweaty) will boost your relaxation. Walking has been proven as one of the best exercises.

3. **Massage**. If you don't have enough money for massage sessions, you may find it helpful to use massage machines sold online. Search for shoulder massage machine, or foot massage machine.

4. **Sleep**. If you're stressed, how do you sleep? Sometimes, the only solution is a supplement. I sometimes use Sleep Optimizer:

https://jp.iherb.com/pr/jarrow-formulas-sleep-optimizer-60-veggie-caps/12064?rcode=GRM925

How to relax your mind

When it comes to mind, things get more complex.

Here's why.

A lot of mental tension comes from our body, so after you start using the tips in the above section you will find that your mental tension goes down as well.

However, you will find situations in your life when these are not enough.



Illness, death of the loved ones, money problems, relationships.

These techniques are based on the findings of the Positive Psychology researchers (presented by Martin Seligman PhD).

The common theme for these is writing down your thoughts.

It helps by forcing you to:

1. **Slow down your thoughts.** It prevents the overwhelm.
2. **Verbalize your emotions and worries.** Labeling them is a powerful first step in dealing with them.

What to write about?



Here are some starter questions for your writing sessions.

Starter questions

1. What is bothering you right now?
2. Why does it bother you?
3. What is the worst thing that can happen in this situation?

4. What will you do if it happens?

5. What will happen after that?

These questions let you decrease your immediate stress.

Hard times aid



If you're living through a difficult life situation that takes longer time to resolve (illness, loss of a relationship, money etc.), write a daily journal, dividing your daily entries into two parts:

1. What happened (I went…, I was told…, I saw…, I experienced…)

2. How did it make you feel (I felt…, It made me wonder…, I couldn't understand…)



Long-term happiness

Now, a powerful technique for your long-term peace and happiness:

Ask yourself daily (either in writing or in your mind):

What went well today? Why did it go well?

These two unbelievably simple questions are scientifically proven to increase your life satisfaction.

Ho help you with do this, you can use our 10-minute relaxation videos. They give you 10 minutes to relax and de-stress.

Visit our channel and subscribe:
https://www.youtube.com/@taketenrelaxation

