



## 8 Top Tips

# How to RELAX,

from the **Relaxation Specialists.**

*Esencia Relaxation®*

1. **Water-** ensure you are hydrated. To keep our bodies in top form we should drink an average of 2 litres (around 8 glasses) of water every day, (build up gradually).

Hydration is important for our bodies to function properly both physically and mentally. When you wake up, and before you drink or eat anything else, drink a full glass of water.

‘Feel it’ flood through your system, re-hydrating your organs and refreshing your body like nothing else.



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**2. Breathe**— catch yourself. It is likely you are either holding your breath without realising it, or breathing too quickly and too shallowly. So, catch yourself breathe slowly and deeply.



Abdominal breathing is good—

Count to 5 breathing in and count to 5 breathing out. Repeat for five minutes, as you work or when you take a break.



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**3. BE present— Stop projecting.**  
**So much to do!! The mind loves to project into the future by referring to the past. Well find “The NOW”.  
BE, HERE, NOW..**



**For at least 5 minutes in your day find the now.**

**Say to yourself “NOW”, use it as a reminder for the “present state”.  
Your adrenals will take a much needed rest.**



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4. POWER NAP- take a rest.  
Five Minutes tops.  
Sit down,

or lie down,  
quietly in a place where you will



not be disturbed,  
close your eyes,  
and just watch  
your breathing.  
As you reach a  
deeply refreshing  
place of being  
relaxed you are approaching the  
'nodding off' stage, Get up and  
get back at your day-refreshed.  
Get more rest!



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## **5. NUTRITION—**

eat and drink in balance.  
Try and alkalise your body.  
Reduce sugars, caffeine.  
Increase green leafy  
vegetables and fruit.

Drink more water!!!

(but don't overdo it). Check a  
Nutrition information website  
like **[helpguide.org](http://helpguide.org)**



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## 6. CONNECT WITH NATURE



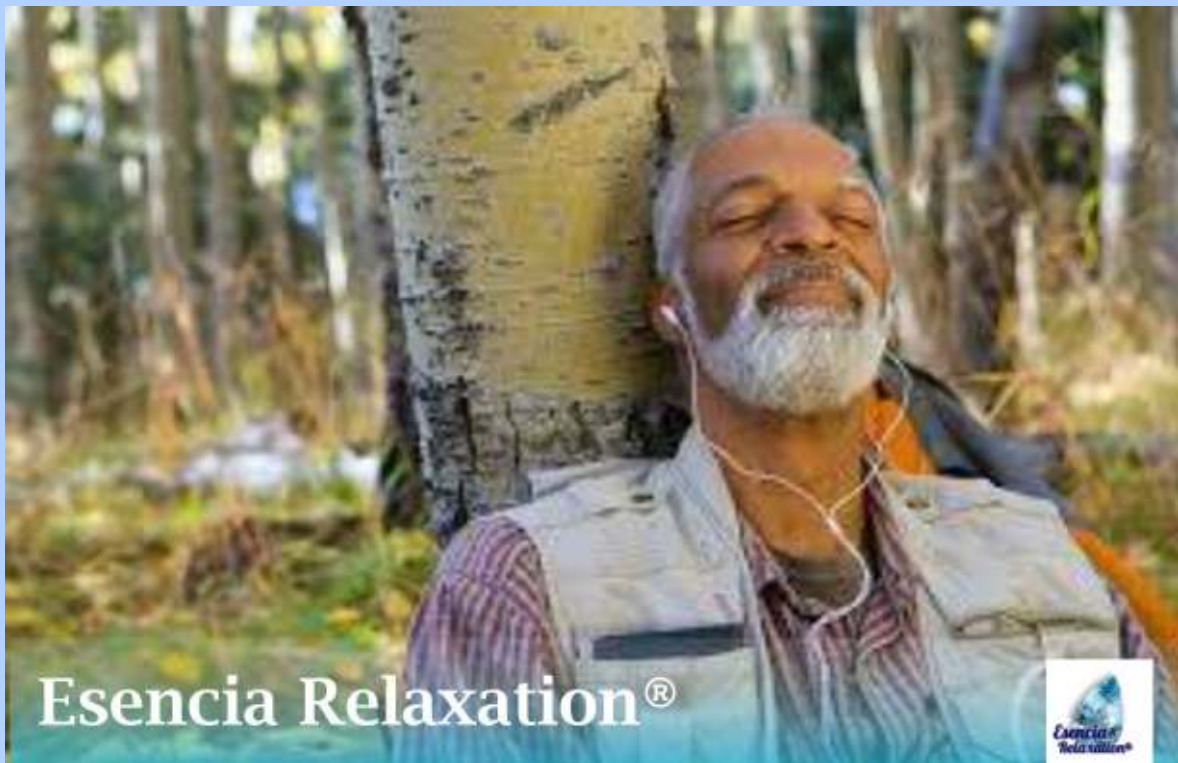
go for a walk in Nature, walk along the beach.

Take a paddle. Go swimming.  
Switch off in ***nature.***



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## 7. INTENSIVELY RELAX



learn to meditate,

take up TAI CHI or CHI GUNG.  
Get good at it and 'switch off'  
when and where you like.



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**8.** ADMIT ITS TOUGH – get some help. Call on the relaxation specialists.....

*Esencia Relaxation*® first coined the phrase  
**Active Intensive Relaxation™.**  
We are the world leaders in this field.



Who you going to  
call?

**Esencia Relaxation**® –  
we will help get you  
started on your very  
own **relaxation  
revolution.**

It's all about achieving a balance, then more  
.....having difficulty?

Then come to the **#1 Active Intensive  
Relaxation™** Specialists.

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