

# RELAXING THE DEBENHAM WAY

## A Short Course

*(Based upon a collaboration with Margaret Samain and the advice of Headway and the NHS)*

### GUIDES AND RECORDINGS

It is best to familiarise yourself with 'Abdominal Breathing' and 'Calming Breaths' Using the Exhalation' first, to become comfortable with these, before proceeding with the other exercises.

There are Guides for you to print out, and Recordings to listen to:

The Benefits of Relaxation and Breath Awareness Exercises to Relieve Stress and Anxiety

[Guide](#)      [Recording](#)

The Benefits of Relaxation and Breath Awareness Exercises for Breathing Difficulties

[Guide](#)      [Recording](#)

Preparation for Breathing Exercises and Relaxation

[Guide](#)      [Recording](#)

Abdominal Breathing The most efficient method of breathing, promoting a natural, even flow of breath. The basis of all relaxation practices.

[Guide](#)      [Recording](#)

Calming Breaths Using Exhalation The calming, letting go part of the breath, is the exhalation. In this exercise we concentrate on the out breath in a gentle, controlled way, to relax, free and encourage rhythmic breathing.

[Guide](#)      [Recording](#)

Body-Scan Relaxation Becoming aware of your whole body and consciously relaxing tension.

[Guide](#)      [Recording](#)

Focus Before Watching Debenham Lake Slide Show and Listening to Bird Song

This focus is to consciously relax your body by aiming your attention and thoughts on one thing for a sustained amount of time.

[Guide](#)

If you would like any help or advice with these practices, please don't hesitate to contact Debenham Project and they will put you in touch with someone you can speak to. The telephone number is 01728 861865

