

STRESS



GOOD SLEEP
SOCIAL RELATIONS

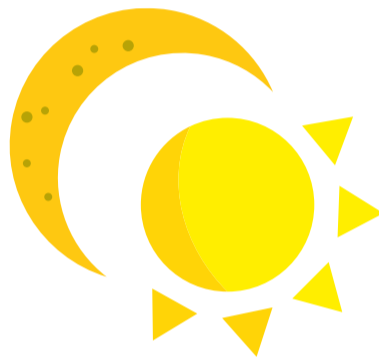
GOOD SLEEP

Good sleep is essential for our health and well-being. Quality and quantity, are important to get the most out of our sleep. Know how sleep works and what are the consequences of sleep deprivation. Learn how to sleep well.



SLEEP REQUIREMENT

We need about 7-8 hours of sleep. It will help you regenerate and fight stress.



REGULARITY

It is worth going to bed and getting up at the same time. The key is to develop proper habits. This makes it easier for us to fall asleep, because our body treats sleep as a routine.



SLEEP HYGIENE

Remember about sleep hygiene - air the room, hang up the phone half an hour before going to bed. Thanks to this, it will be easier for you to fall asleep.



Click to "Building Physical & Emotional Wellbeing" training



SOCIAL RELATIONS

Social support - contact with others gives us the feeling that we are not alone in times that are difficult for us, such as pandemic reality. Sharing your emotions with your loved ones and talking openly will help prevent the negative impact of isolation.



Renew contacts with people you haven't seen for a long time - social networks will help you with this.

Choose the exercises that you enjoy and practice online.

Find out if there are no people in need in your community.

Teach the elderly in your environment to use instant messaging, internet banking and e-office.



STRESS

RELAXATION TECHNIQUES MINDFULNESS & GOOD SLEEP

RELAXATION TECHNIQUES

to relieve stress, allow you to relax, calm down.



DEEP BREATHING

The easiest way to relax is to take a deep breath.

Just sit down with your back straight, inhale through your nose and blow it out slowly through your mouth. Concentrating on the breath will release the psyche from tension and relax the body.

It's best to do this every day until you are completely calm.



RELAXING MUSIC

When choosing music, it is worth paying attention to the pace, mood or text of the song, which affect our well-being. It is worth reaching for the album of your favorite band or universal sounds of nature that will calm down and soothe your nerves. Playing your favorite instrument also allows you to relax.



AROMATHERAPY

Odors have a significant impact on our well-being. The sense of smell is connected with the part of the brain that is responsible for emotions. You can spray your favorite fragrance in the room or use scented candles or oils. Fragrant body lotion or perfumes can improve our mood.



MUSCLE RELAXATION

Tightening and relaxing your muscles is an easy way to relax your body. Lie down comfortably and tense the different muscle groups one by one, starting from the lower limbs, going through the buttocks, abdomen, chest, back, arms, and then the facial muscles.



MEDITATION

Meditation is one of the most popular relaxation techniques. It consists in calming down and looking inside yourself. It allows you to get answers to the questions that bother us and understand the elements of our personality. Working with the mind is the basis of meditation. The most developed meditation system is yoga.

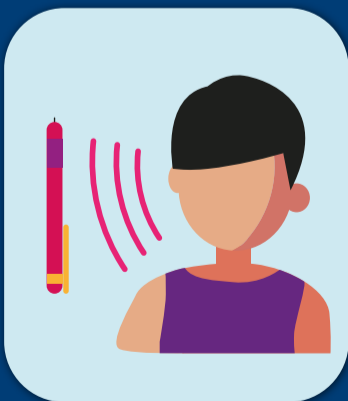


VISUALISATION

An effective method of fighting stress is to imagine a safe, dream place for us, one in which we would feel comfortable. If we are stressed, it is worth stopping for a moment, closing our eyes and going to a place where we will be far from the problems of everyday life for at least a moment.

MINDFULNESS

deliberate, conscious directing attention to what is experienced at the moment - here and now (not looking forward, not going back to the past).



FULL FOCUS

Choose any object, e.g. a pen, and focus your eyes on it fully for 1 minute. Take a look at its details during this time - pay attention to its color, shape and structure. Playing with observations helps to clear the mind and get rid of excess thoughts.



BREATHING AND MEDITATION

Sometimes we are unable to focus due to the multitude of thoughts for nothing. It's a good idea to take a one-minute break, close your eyes, take a deep breath, and then exhale slowly. During this exercise, try to think of something pleasant and focus fully on the chest movements.



CLEAR YOUR MIND

Take a brief moment during the day to listen to your emotions. Sit back and try to do nothing for 10 minutes. Focus on your breathing and the silence around you.