

## QUICK FACTS ABOUT relaxation. exercises

When you're under stress, your body releases stress hormones. These hormones cause your heart to race or your palms to sweat.

This is your body's normal response to stress. In some cases, a little stress is helpful. But for many people, stress happens too much. This can lead to ongoing high levels of stress.

Relaxation exercises can help you stop this physical response to stress. They can slow down your heart rate and help you feel calm.



You may have heard about relaxation exercises and wondered if they would work for you. The good news is, they will probably help you at least a little – and they won't hurt. Here's what to know:

- Relaxation exercises usually put two things together: breathing and attention. You may have to pay close attention to your breaths in and out while relaxing your mind. This can help push away stressful thoughts.
- Apps, books, articles, and classes can help you learn how to relax and reduce stress.
- You can learn relaxation exercises without special equipment or spending money.
- Don't use relaxation exercises as medical treatment. If you think you have depression, anxiety, or another mental health condition, see your doctor. Often relaxation can be combined with medical treatment to give you even better results.