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NUTRITION & EATING PSYCHOLOGY

# REWIRE YOUR FOOD BRAIN

## Keystone #4 - Relaxation

### Quick ways to relax & switch off

- **Time out** - Just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer. Even if it means excusing yourself to go to the toilet so you can get five minutes to re-centre yourself and re-group
- **Focus on your breathing** - Learning to breathe more deeply can help you feel a lot calmer. Breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out. Count as you breathe. Start by counting 'one, two, three, four' as you breathe in and 'one, two, three, four' as you breathe out.
- **Listen to music** - Music can relax you, connect you to your emotions and distract you from worrying thoughts. Listen to your favourite songs. Turn up the volume and dance or sing along, or put your headphones on and close your eyes. Really listen to the music. Can you pick out different instruments? Can you hear a drum beat or a certain rhythm? Focus on the music, and let other thoughts fade away.
- **Take a digital detox** - Technology can be great for helping you feel connected, but if you're using it a lot then it can contribute to making you feel busy and stressed. Taking a break (even a short one) can help you relax. Try turning your phone off for an hour or two. Have a break from the TV, or an evening or weekend where you don't check emails or social networks.



### My Plan

Write down ONE thing you'll start doing this week to incorporate relaxation into your day. Be as specific as possible e.g. I will listen to music on my commute into work instead of checking emails

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