



Top 7 Benefits and Methods for Relaxation

Methods	Benefits
1) Deep Massage with Acupressure	• improves oxygen flow to organs • lengthens muscles • pain relief • sleep
2) Deep Breathing	• decrease risk for diseases • reduction of cortisol (the stress hormone)
3) Meditation	• treats and prevents various diseases
4) Soak in Hot Tub	• reduces symptoms of muscle injury, arthritis, inflammation & more...
5) Exercise	• boosts levels of serotonin • strenghtens muscles & bones
6) Take a Break	• re-energizes your brain
7) Laugh	• releases endorphins

Relaxation Methods

BM King



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