

“Stress release like a dream”



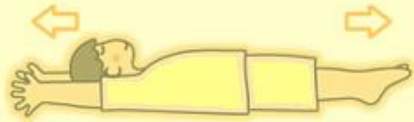
The topic of this “Stress release like a dream” is “Refreshing your mind and body through exercise.” We'll be introducing some handy relaxation techniques. Try them out!

How stretching helps relieve stress

Our mental state is often reflected in our bodies – for example, our shoulders get stiff when we're mentally tense. Relaxing your mind can relieve the tension in your body, and vice versa. Try relaxing your mind by stretching and relieving the physical tension in your body.

Do the following stretching exercises to relax your mind and body.

[Do these exercises gently before going to bed. Remember to breathe in and out slowly as you do them.]



Breathe in deeply and stretch your back, stopping at the point where you feel most comfortable. Slowly relax your body while exhaling. Repeat two or three times.



Hug your knees to your chest and stretch your buttocks and hamstrings. Change the position of your knees until you find the position where you find most comfortable. Try stretching at various angles.



This stretch targets your buttocks. Do it slowly – don't overstrain. The effectiveness of the stretch will change as you alter your knee position.

Using music and aromas to relax

【 Recommended aromas and their effects on the body 】

✿ Lavender ✿ Mandarin ✿ Chamomile

Relieves anxiety and stress and suppresses tension.

Try it when you want to unwind, relax, and put yourself in a calmer frame of mind.

【 Recommended CDs 】



Music to help you sleep peacefully

“Tenshi no Sasayaki (Angel's Whisper) / Fumio Miyashita”

“Isotonic Sound - Forest”

Music to accompany aromatherapy

“FOREST GREEN / BEGIN”

“Sutoresu Kaisho (Stress Relief) – RELAXATION”

A word from the staff

From breathing techniques to stretching exercises and techniques that use music and the natural environment, there are lots of ways to relieve stress. Try exploring various techniques to find one that suits you and doesn't put too much strain on your body.

Recent research indicates laughing is also very good for your health. So remember to laugh as much as possible. It's a fun way to stay healthy!

* Next step of stress release like a dream *

“Relieve stress by eating properly!”

Try something new to make your everyday meals even healthier! Until next time.