Relaxation techniques are an important part of maintaining your stress level, increasing your inner peace, and developing a healthy relationship with yourself. Here are a few relaxation techniques to practice at least three times a week for 30-45 minutes per session:

- **Time alone.** This allows you to continually evaluate stressors and devise a plan to shift each of the stressful situations.
- **Body movement.** Try something such as yoga or pilates to relax your body, as well as build your core muscles.
- **Active Meditation.** For any activity including body movement, such as yoga. This requires body movement and concentration on breathing.
- **Passive meditation.** This includes techniques such as progressive muscle relaxation, visualization, breathing meditation, candle gazing, and sound meditation.
- **Allow yourself to “let go” when you practice relaxation and in your everyday life.**

The State Wellness Program Operates as a Program of the Employees Benefits Council. "Making a Healthy Difference for You!"