

# Effective stress management and relaxation techniques for better mental health

William Phillips\*

Department of Psychology, University of Stirling, UK

## ABSTRACT:

*Stress management is essential for maintaining both mental and physical health in today's fast-paced society. Chronic stress can lead to various health issues, impacting emotional well-being and physical resilience. This* *ctvkeng"gzrmtgu" g gevkg"uvtguu" o cpc igogpv" cpf" tnczcvkqp" vgejpkswgu. "uwej" cu" okpfhwnpguu. "fggr" dtgcvjkpi"* *exercises, and physical activity, along with relaxation methods like yoga, aromatherapy, and guided imagery. By* *adopting personalized strategies to manage stress and incorporating regular relaxation practices, individuals* *ecp"tgfweg"uvtguu"jctohwn" g gevu. "gpjcpeg" hqewu. "cpf" k o rtqyg"qxgtcm" ygm/dgkpi 0*

**KEYWORDS:** Stress management, Relaxation techniques, Mental health

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\*Correspondence regarding this article should be directed to:  
iadinugroh@sheffield.ac.uk

physical tension and learn to release it effectively. Poor time management often contributes to stress (Mahoney S, 2024). By organizing tasks and setting priorities, individuals can avoid feeling overwhelmed. Tools like to-do lists, calendars, and time-blocking techniques are effective ways to stay on top of responsibilities. Setting realistic goals and learning to say no can also reduce stress and improve work-life balance.

Social support is a powerful stress buffer. Spending time with family, friends, or support groups provides comfort, perspective, and advice. Talking to someone who listens and understands can significantly relieve stress, and spending time with loved ones can foster feelings of happiness and security. Relaxation techniques go hand-in-hand with stress management. They help lower the body's stress response and improve overall health. Here are some tried-and-tested relaxation methods. Yoga combines physical postures, breathing exercises, and meditation to promote relaxation and mental clarity. Practicing yoga regularly helps reduce stress by lowering heart rate and blood pressure, releasing physical tension, and calming the mind. Different types of yoga, such as Hatha and Restorative Yoga, are particularly effective for relaxation (McGuigan FJ, 1994). Aromatherapy is a holistic healing treatment that uses natural plant extracts to improve health and well-being. Essential oils like lavender, chamomile, and eucalyptus have been shown to reduce stress and enhance relaxation. Simply diffusing these oils, adding a few drops to a warm bath, or using them in massage can create a calming effect. Music therapy is a powerful relaxation tool. Listening to calming music can lower heart rate, reduce anxiety, and promote relaxation. Many people find classical, nature sounds, or instrumental music especially soothing. Music allows the mind to slow down and can be a quick and accessible way to relieve stress. Guided imagery is a relaxation technique that involves visualizing peaceful and calming settings, such as a beach or forest. By immersing oneself in a mental image of a tranquil place, the mind becomes less focused on stressors and more relaxed. Many guided imagery exercises can be found in apps or online, making it easy to practice anywhere (Orpen C, 1984).

Massage therapy is a well-known method to reduce physical tension and promote mental relaxation. By applying gentle pressure on muscles and tissues, massage reduces stress hormones, improves circulation, and promotes relaxation. Whether it's a professional massage or self-massage, this therapy is a great way to unwind and manage stress effectively. Since each person's experience with stress is unique, a personalized plan can help make stress management more effective (Sharma HK, 2011). Here's how to create one: make a list of common stressors in your life, whether related

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