



P A U L A P L U C K

FREE Mindful Well-being Coaching Course



Progressive Relaxation to elicit the relaxation response

Today we're going to introduce progressive relaxation – a simple technique using auto-suggestion to relax your body any time you need to.

This exercise will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious. It can also help reduce physical problems such as stomach aches and headaches, as well as improve your sleep.

You can perform variations of this exercise throughout the day at any appropriate time – you could be sitting on the bus, in the park, in your lunch hour. Well, that's it from the free course – did you enjoy it? I really hope you did.

Over the last 18 days, we've looked at – and experienced – some of the intimate connections between mind and body and how to use them for our well-being and greater happiness, rather than letting them run wild in all directions.

These are skills you can keep with you for the rest of your life and use whenever you like, all for free!

There are plenty more courses to do with me if you'd like to develop what you've learned here – just visit the website at <https://paulapluck.com> and I'll





PAULA PLUCK

be delighted to see you there!

Love

Paula

**“All the wonderful things that you are looking for – happiness, peace and joy – can be found inside of you. You do not need to look anywhere else”
- - Thich Nhat Hanh**

