



Maximize

YOUR HEALTH

SELF MANAGEMENT PROGRAM

Self Management Newsletter

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Relaxation Techniques:

Many of us have heard about the benefits of relaxation, but some of us are still confused about how to relax and what the benefits of relaxing are. While relaxation is not a cure it can be an effective part of a treatment. Please see Chapter 5 in your Living a Healthy Life book for more details.

There are different relaxation techniques for you to choose from:

- Muscle relaxation: a useful strategy to reduce pain and muscle tension
- Guided imagery: a guided daydream that helps to divert your attention from your symptoms to help you achieve deep relaxation
- Prayer and Meditation: helps to reduce the levels of stress hormones and increase relaxation.

Make relaxation a priority using these guidelines:

- Pick a quiet place and time of day somewhere you will not be disturbed for 15-20 minutes
- Try to practice the technique twice a day at least four times a week
- Do not expect miracles: It may take 3-4 weeks for you to notice a difference
- Finally, remember that relaxation should be helpful.

With the holiday season upon us the need to relax and manage stress is greater than ever!



Our Website Has Been Launched!

We are pleased to announce the launch of our new website. Please visit us at www.centralwestdiabetes.ca.

You will find all of our upcoming Maximize Your Health workshops on there and your friends and family can sign up online to attend the FREE sessions! All of the Maximize Your Health information you need: the newsletters, brochures and other materials are now only a click away!

We have many exciting opportunities to attend workshops in:

- Orangeville
- Brampton
- Malton
- Rexdale

Visit our website and sign up!

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