

Children's Speech and Language Therapy Service

General Relaxation

Being worried, stressed or emotional can all affect the voice. It is important to have a regular routine to help you relax.

Things that help me to relax

Sleeping, watching TV, listening to music, hobbies, reading, gardening, bike rides, walking, talking with friends. It is important to have periods of relaxation during stressful or busy times to de-stress and be able to cope more easily.

Formal Relaxation- this focuses your mind and helps you to relax and sleep more easily.

- Tensing and relaxing muscles: Go through muscles in your body tensing or tightening them for 5 seconds and then releasing. E.g. make hands into a tight fist, push arms out as if pushing a heavy object, scrunching toes in shoes, raising both legs, raising shoulders up high, closing eyes, opening mouth wide and stretched.
- Focusing on body parts: Think about different parts of your body in turn, including your heart and your breathing. Notice what your body part is like e.g. temperature, feel against clothes, etc. Start from your toes and work up to your head.
- Visualisation: Visualise a scene with people you trust. Think about all of the sights, sounds, smells, and touch in this place. Focus on your breathing, walk around this place and transport yourself there.

Set a time each day to relax for five minutes. This could be at the end of the day to enhance sleep. Make sure you build in regular relaxation with your hobbies during a busy period. This could be 20 minutes two or three times a week.

Quick Relaxation

- Take three gentle breaths.
- Think of a compliment that someone has given you recently.
- Think about a place that is calm or beautiful. Think about the sounds, sights, smells etc in this place.
- Imagine that you are with someone you really trust and who you feel relaxed talking to.