

# DESTRESS STRETCHES & MINDFULNESS TECHNIQUES

YOGA MAGAZINE PRESENTS  
EFFECTIVE WAYS TO COMBAT  
FEELINGS OF EXHAUSTION FROM  
TWO EXPERT THERAPISTS

## MERRAN LUSHER, TRİYOGA THERAPIST ON MINDFULNESS TECHNIQUES TO HELP DESTRESS

Constant change can be tiring. The thought of change can be daunting and stressful. This can manifest in many ways including anxiety, disturbed sleep patterns, stress and lack of motivation and concentration. Research shows by calming the nervous system, our resilience improves. Meaning if we take care of our wellbeing, we are better able to keep calm and stay focused, even when feeling overwhelmed or apprehensive about the future.

## WITH THIS IN MIND, LUSHER SHARES MINDFULNESS APPROACHES THAT SHE EMPLOYS AND FINDS USEFUL IN HER DAY TO DAY LIFE.

**1 Disconnect to reconnect:** There is increasing evidence that social media can negatively affect sleep, energy levels, productivity, and mental health. Take breaks from your smartphone, computer, and social media platforms. Turn off notifications and alerts and have digital detox days. Get out into nature to reset, rejuvenate, detox and ground. There are so many benefits to walking, being outside and

in fresh air. This includes regulating sleep patterns and mood, reducing stress, boosting immune function, and inhibiting the growth of harmful microbes. Your body will thank you for it and will help you decompress.

**2 Use aromatherapy oils in your day-to-day life:** Essential oils work via the olfactory nerve and the limbic system, offer calming, energising effects that lift our mood and relax us. Think lavender, bergamot, frankincense, rose, neroli, sandalwood, chamomile, ylang ylang and citrus oils

**3 Unwind with a relaxing bath:** Treat yourself. Add magnesium salts and lavender essential oil to help relax and unwind. Light a candle. If this is something you enjoy – do it often.

## LUCYANNA MOORE, TRİYOGA THERAPIST ON DESTRESS EXERCISES

At this moment in time, it has become more difficult to release stresses and tensions in our bodies. Progressive muscle relaxation (PMR) optimises the technique of using tension then 'letting go' in different muscle groups to assist in relaxation. Creating a deeper sense of awareness in the body, learning the difference between how a relaxed muscle feels compared to a tense muscle.

**THESE CAN BE DONE AT ANY TIME LYING DOWN, STANDING, SEATED, ESPECIALLY USEFUL IF AT THE DESK, WORKING FROM HOME, BACK IN THE OFFICE OR WHEREVER YOU MAY BE.**

**1** **Trapezius Shoulder Shrug:** Taking a long slow breath, tense shoulders as high up as possible towards the ears. Hold this tension for eight seconds, then release as you slowly breathe out.

**4** **Increase your vibration with sound:** Listen to music that uplifts you, or to an inspiring speaker you resonate with. Try out the popular app 'Insight Timer' which has thousands of free meditations and mindfulness practices to unwind with. At the same time, avoid toxic people, energy drainers and negative situations.

**5** **Journaling:** Writing worries down helps release feelings of apprehension. This may seem obvious, but many people struggle to address what they're feeling due to shame or embarrassment. You can burn the paper, in a safe manner for a full energetic release, or tear it up and throw it away.

**2** **Gluteal Clench:** Taking a long slow breath, clench the buttocks as tight as possible. Hold this tension for eight seconds then release as you slowly breathe out. Spend a moment to observe any before and aftereffects.

**3** **Whole Body:** Working through the body's muscle groups, begin by taking a long slow breath, tensing the feet and lower legs, holding the tension for eight seconds, then slowly breathe out and release. Spend a moment to observe any before and aftereffects. Next repeat in the following muscle groups, abdomen, back, hands, arms, shoulders, neck, and face.

triyoga's treatment rooms in Camden, Chelsea, Ealing and Shoreditch opened on 12 April, alongside private, semi-private and group equipment Pilates sessions in the Camden studio for Reformer Pilates and Gyrotonic. All studios including Soho will fully open from 17 May with over 430 classes to choose from, including Vinyasa, Hot and Rocket yoga.

Founded in 2000, **triyoga** has become London's destination for yoga, Pilates and treatments, creating beautiful spaces where everyone can belong. With five centres in Camden, Chelsea, Ealing, Shoreditch and Soho, triyoga's aim is to uplift everyone through the transformational power of yoga, wellness and connection. Coming out of lockdown triyoga will offer more than 450 classes a week for beginners to experienced students, across yoga and Pilates with some of London's best teachers, so that everyone can find a practice they enjoy.

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