

# Exercises to release tension, relax and re-generate

## Instructions:

## Physical Exercises

When we trigger the stress response, certain physical reactions are experienced including:

- Blood is redirected away from stomach (inhibiting digestion) to upper body (if upper body not exercised, muscle fatigue can be experienced)
- Cortisol thickens blood to stop bleeding out in event of an injury
- Brain swells (which can cause headaches)
- Creates massive demand on heart due to increased blood flow & blood thickening
- Higher levels of testosterone make us more aggressive & induces us to fight
- Adrenaline makes us feel 'pumped up' and alert

If we are unable to use the emotions in the moment and release the tension, this can build up in the body (particularly the upper body) and can be manifested as muscle fatigue, headaches etc

Exercises recommended to release tension and reduce the physical symptoms associated with stress include a minimum of 20 minutes of the following:

- Cross-trainer
- Jogging with weights
- Swimming under water
- Yoga
- Singing or playing an instrument
- Massage

It is useful to focus on the upper body and working with breathing to release toxins.