



## Hearing Tactics Relaxation Advice

From time to time during the day make a conscious effort to relax.

Just as tension is self-induced, so can relaxation also be self-induced. Relaxation is natural, and it is surprisingly easy; in fact it is as easy as breathing.

Here are some simple exercises you can do whenever you feel the tension building up inside you.

You will be quite surprised at the feeling of relaxation that they induce. Try doing both these exercises at intervals during the day.

### Exercise One

1. Take a deep breath in through your nose, and let the breath out in a long, long sigh through your mouth.
2. Concentrate on the breathing out - sigh out as much air as you can from your lungs without forcing yourself. Try counting in your head to give yourself a rhythm. Breathe in to a count of 1 - 2.
3. Breathe out to a count of 1 - 2 - 3.
4. Feel the relief as you sigh out; try to practise this for a few minutes from time to time during the day.

### Exercise Two

1. Hunch your shoulders. Hunch them right up as though you were trying to get them level with your ears.
2. Drop them. Hunch them up. Drop them.
3. Now put this and the previous exercise together.
4. Take a deep breath in, and a long sigh out.
5. Hunch your shoulders up as you breathe in. Drop them down as you sigh out. Repeat this several times.
6. Try to feel the difference between the tightness as you raise your shoulders and the heavy relaxed feeling as you drop them down and breathe out.

*Adapted from an article by Philippa Kirtley, physiotherapist at The Link Centre for Deafened People, Eastbourne. Reproduced courtesy of the Link Centre and the BBC.*

### Other Ways of Reducing Stress

**Slow down:** Most of us, hard of hearing or not, let ourselves get more rushed and flustered than we really need; make a conscious decision to slow down.

**Plan your day:** Don't allow yourself to take on more than you feel you can manage without tension and flurry

- remember much tension is self-induced, we do it to ourselves! So make up your mind to stop it.

**When out walking** walk rhythmically, arms swinging easily, walk tall, shoulders down.

**When travelling** practise relaxation on buses and trains; no one will notice if you do the deep breathing exercises. If it's a long journey, and you are confident about where to get out, shut your eyes and enjoy the quiet.

**When sleeping** don't go to bed in a hurry; if you feel tense practise the relaxation exercise and, once in bed, find a comfortable position and do the breathing exercise.

**When in new situations** plan ahead for new situations or events; allow yourself time, slow down, look about you, read the signs and indicators 'entrance', 'exit', etc. This sounds obvious, but it's amazing how often we pull at doors marked 'push'.

If you need to ask directions speak slower than usual. This may encourage the other person to give a slower, clearer answer. Walk more slowly than usual, breathe deeply and you will arrive cool, calm and collected!

**A relaxed body leads to a relaxed mind.** A relaxed mind helps concentration, breeds confidence and increases communication at all levels.

### Relaxation Products

#### CDs

A wide range of stress management, relaxation and environmental sound CDs are available to purchase. They are available in some music shops and department stores eg, Myer, Australian Geographic, ABC Shops.

Relaxation CDs may include progressive muscle relaxation, breathing exercises, and visualisation.

Environmental sounds CDs include ocean surf, rain, waterfall, creeks, bird song etc, and are available from:

Listening Earth

Tel. (03) 5476 2609

Email. [cooee@listeningearth.com.au](mailto:cooee@listeningearth.com.au)

Web. [www.listeningearth.com.au](http://www.listeningearth.com.au)

Gentle music based around environmental sounds are available from a number of artists. These include:

- Tony O'Connor: "Mariner", "Rainforest Magic", "Kakadu Sunset"
- Ken Davis: "Daintree Dreaming", "Early Morning in the Rainforest", "Pan Flutes by the Ocean".
- ABC Shops "Symphony of Australian Birds"

#### **Environmental Sound Enrichment**

- Pillow Speaker
- iPillow - compatible with iPod/iPhone (\$99.00 - Available from hearservice)

#### **Related Information Sheets**

- Communication Tactics

For more information speak to an expert at:



**Expression**  
Australia

#### **Expression Australia**

Email. [info@expression.com.au](mailto:info@expression.com.au)

SMS/FaceTime. 0402 217 586

Skype. [expression.australia](https://www.skype.com/en/contacts/australia/expression-australia)

Phone. (03) 9473 1111

**[expression.com.au](http://expression.com.au)**

***Expression Australia is a not-for-profit organisation founded by the Deaf community.***

#### **Copyright Notice**

This page and all its components (including images and text) are copyright. Apart from fair dealing for the purposes of private study, research, criticism or review as permitted under the Copyright Act 1968, no part may be reproduced, copied, transmitted in any form or by any means (electronic, mechanical or graphic) without the prior written permission of Expression Australia (Victorian Deaf Society). All requests and enquiries should be directed to Expression Australia. ©2019

**Expression Australia**

Level 4, 340 Albert Street, East Melbourne VIC 3002

**[expression.com.au](http://expression.com.au)**

Victorian Deaf Society ABN. 56 004 058 084

**Building opportunity through inclusion**