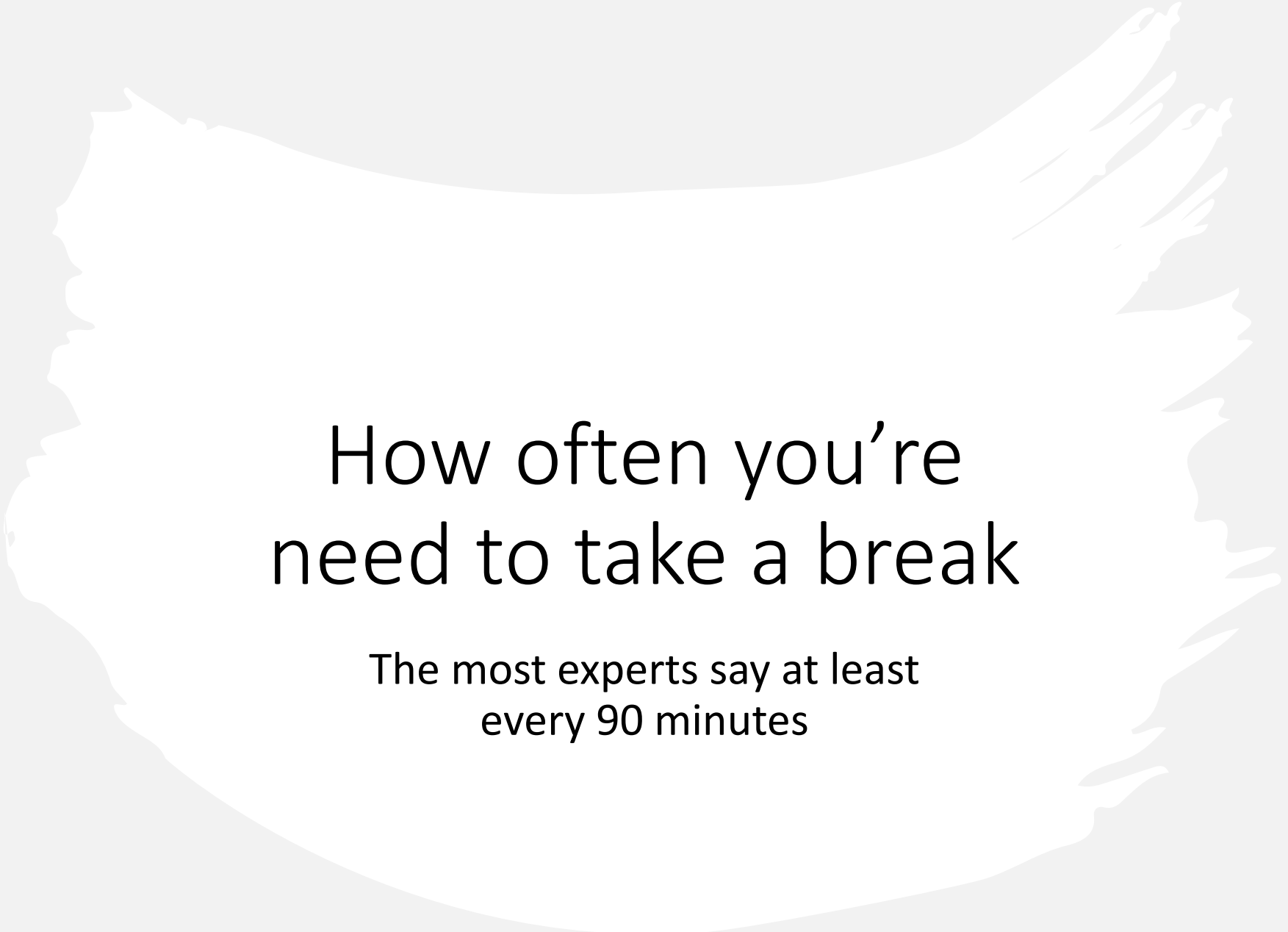


A stylized illustration of a person with dark hair and glasses, wearing a red shirt, sitting on the floor with their hands covering their face in a distressed or overwhelmed expression. They are surrounded by various digital and office-related icons: a laptop, a smartphone, a 'TO DO' list, a calendar page showing 'ccc 3', a speech bubble, a heart, a camera, a Twitter bird with an '@' symbol, a puzzle piece, a musical note, a dollar sign, a Wi-Fi symbol, and several 'X' marks. The background is a dark teal color with a subtle pattern of these icons.

# Relaxation and Breaks

From Miia, Sofia, Anita, Marc, Guillem, Lea, Ruth and Sarah



# How often you're need to take a break

The most experts say at least  
every 90 minutes

A stack of smooth, dark stones is balanced on a sandy beach. The stones are stacked in a slightly irregular, conical shape. The background is a blurred view of a beach with water and a cloudy sky. The text "Different Relaxation Strategies" is overlaid in white, centered on the image.

# Different Relaxation Strategies

# YOGA

- group of physical, mental, and spiritual practices or disciplines
- Methods practiced by indian religions
- 4 types of Yoga: Karma, Bhakti, Jñāna and Rāja
- from nothern india 5000 years ago
- Spiritual development to train the body/mind and become aware of yourself

## **How many people do yoga?**

About 300 million people around the world do yoga.

## **Helps with?**

Yoga helps to reduce stress and anxiety, because it promotes relaxation.  
Yoga helps manage symptoms of depression and anxiety.

## **How often?**

You should do yoga between 2-5 times a week. If you are physically healthy then you can do it everyday if you want to.



# LISTEN TO MUSIK

- allows us to relax through a physical process
- Doesn't only relax our senses and anxiety but puts us in a good mood and helps to ease the pain
- Slow music promotes a calm and meditating state
- Helps being focused and productive through out the day
- Strengths learning and memory, regulates stress, affects heartbeat, blood pressure and brain waves







# READING

## **People:**

Estonia 78%

Italy 40%

Germany 45%

Spain 60%

## **Benefits in relax:**

Reading was found to slow down heart rate and even relax muscles. These physical reactions similar to meditation, which is well known to reduce stress.

# READING

## Research:

The Reading Agency found that reading reduce depression and dementia symptoms

Regular readers show lower rates of depression compared to non-readers

The study conducted by the University of Sussex in 2009 found that reading is one of the most beneficial ways of reducing stress and that reading for six minutes a day reduces stress by 68%



## Where Europeans Read The Most And Least

Average time spent reading books per day\*







# SPORTS

## **Benefits of do Sport in relation with the stress**

- 1 It makes chemical products for the happiness.
- 2 It reduces the stress
- 3 It helps you to be more productive
- 4 Improve your social relationships
5. Improve your self/esteem.

## **Sport - relaxing**

Guillem did a survey in our group and he found out that 79% of the students do sport and 21% don't.

In EU 44% do sport

56% don't do sport ([ec.europa.eu](http://ec.europa.eu))

# MEDITATION

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**Introduction:** Meditation was developed in India and after it was adopted by other cultures and religions.

1. Currently 6% of the world population believe in the benefit of meditation and is practicing it.
2. People who meditate say it's good not only for their health but also for their well-being.
3. Martinos Center's Desbordes in 2012 found out that meditation is related to neuroplasticity phenomenon.

Nowadays, meditation is evolving really fast and more and more people are starting to believe in its benefits, so now it's your time to try it and see if you'll like it too!



# Meditation experiment

<https://www.youtube.com/watch?v=inpok4MKVLM>

A photograph of a tropical beach scene. In the foreground, the dark, silhouetted fronds of palm trees are visible, some reaching down towards the water. The middle ground shows a calm body of water reflecting the sky and the palm trees. The background features a sandy beach with more palm trees and some greenery. The overall color palette is muted, with a mix of dark greens, blues, and sandy tones.

Reflection

# Web

- [www.statista.com](http://www.statista.com)
- pxritaly.com
- <http://publishingperspectives.com>
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