



## Relaxation

- 1. Mindfulness Colouring**
- 2. Relaxation Apps**
- 3. Easy Yoga moves**
- 4. Relaxation Visuals & music**

111 Upper Glenageary Road, Dun Laoghaire, Co. Dublin, A96 E223, Ireland  
Tel: +353 1 285 2900 Fax: +353 1 285 1713 [www.sjog.ie](http://www.sjog.ie)

Saint John of God Community Services clg is a company limited by guarantee.  
Directors: Gerard Boyle, William Forkan, Arne Gunning, Paul Robinson, James Hussey, Charles Watchorn,  
Eimer O'Rourke, Anise Cleary. Registered office: Granada, Stillorgan, Co. Dublin, A94 D9N1.  
Reg. Company No. 430744 Reg. Charity No. CHV18284 CRA No. 20069865



**Saint John of God Community Services clg**  
*Dublin South East Services*



### **Mindfulness Colouring**

Link to some sheets:

[https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4\\_25-16.pdf](https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf)

There are also more sheets on TWINKLE

111 Upper Glenageary Road, Dun Laoghaire, Co. Dublin, A96 E223, Ireland  
Tel: +353 1 285 2900 Fax: +353 1 285 1713 [www.sjog.ie](http://www.sjog.ie)

Saint John of God Community Services clg is a company limited by guarantee.

**Directors:** Gerard Boyle, William Forkan, Arne Gunning, Paul Robinson, James Hussey, Charles Watchorn,  
Eimer O'Rourke, Anise Cleary. Registered office: Granada, Stillorgan, Co. Dublin, A94 D9N1.  
Reg. Company No. 430744 Reg. Charity No. CHV18284 CRA No. 20069865

---

*Hospitality Respect Justice Compassion Excellence*



## Relaxation Apps

**Breathe2relax**



- Teaches Diaphragmatic breathing (belly breathing)
- Free App
- Uses visuals for inhale & exhale

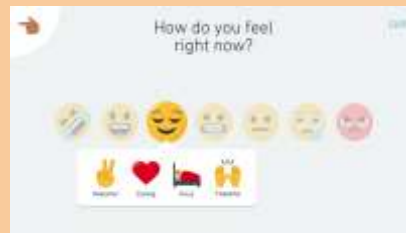
**Stop breathe & think**



**Stop breathe & think kids**



- Based on how you currently feel



- Free app
- Lots of visual
- Kids version- includes songs/simple visuals
- Contains 'Calm coronavirus anxiety' meditation

**Headspace**



- Guided meditation and mindfulness
- Basic pack is free
- Contains videos and visuals



## Yoga poses

Tummee- Website which allows you to create yoga sequences with lots of variation e.g chair yoga, elderly persons yoga, adults with Down syndrome-

<https://www.tummee.com/yoga/poses/all>

Hugs And Twist



Chair Seated Warm Up Flow



Attachment **B**) contains more example yoga sequences.

Beginner Tree Pose Chair



Cat Cow pose





### **Relaxation Visuals & Music**

- ❖ There are hundreds of relaxation visuals which can be used to support deep breathing. Inserted below are some examples.
  
- ❖ There are also lots of Youtube videos for relaxation which provide calming visual, these are just a few:
  - 1 hour by the sea -<https://www.youtube.com/watch?v=2Jot8FVwURI>
  - Sensory visual calming relaxation-  
<https://www.youtube.com/watch?v=NwtZ9jfK7x8>
  - Float through the cosmos-  
<https://www.youtube.com/watch?v=EeqF6m3MqqY>
  - Beautiful relaxing music-  
<https://www.youtube.com/watch?v=TwXilp2mUtE>
  
- ❖ Finally, there are spotify playlists which contain hours of relaxing music
  - Peaceful Meditation
  - Musical therapy
  - Meditate to the sounds of nature



## Deep breathing exercises

1. Flower Breath: Imagine smelling a beautiful flower; breathe in through the nose and out the mouth, releasing any tension. Stop and smell the roses, daffodils, daisies or any other flower they like.



2. Hissing Breath: Breathe in the nose, long deep inhale, and out the mouth on a hissing sound, slow and long.




3. Bunny Breath: Just 3 quick sniffs in the nose and one long exhale out the nose. You can also use it when kids are very upset and can't find their breath, because it will help them connect to their exhale, so that they breathe instead of spin out.






**RELAXATION ROUTINE**


1. SIT ON A CHAIR...




2. "SCRUNCH" UP YOUR FACE... THEN... RELAX IT...




3. TENSE YOUR ARMS... THEN... RELAX THEM




4. TENSE UP YOUR SHOULDERS AND CHEST... THEN... RELAX THEM



5. TENSE UP YOUR LEGS... ...THEN RELAX!

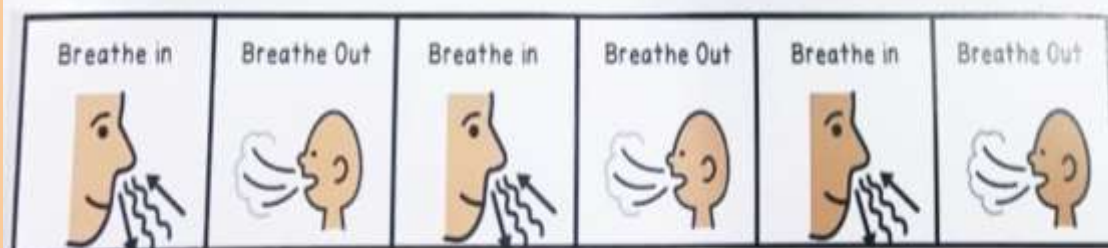
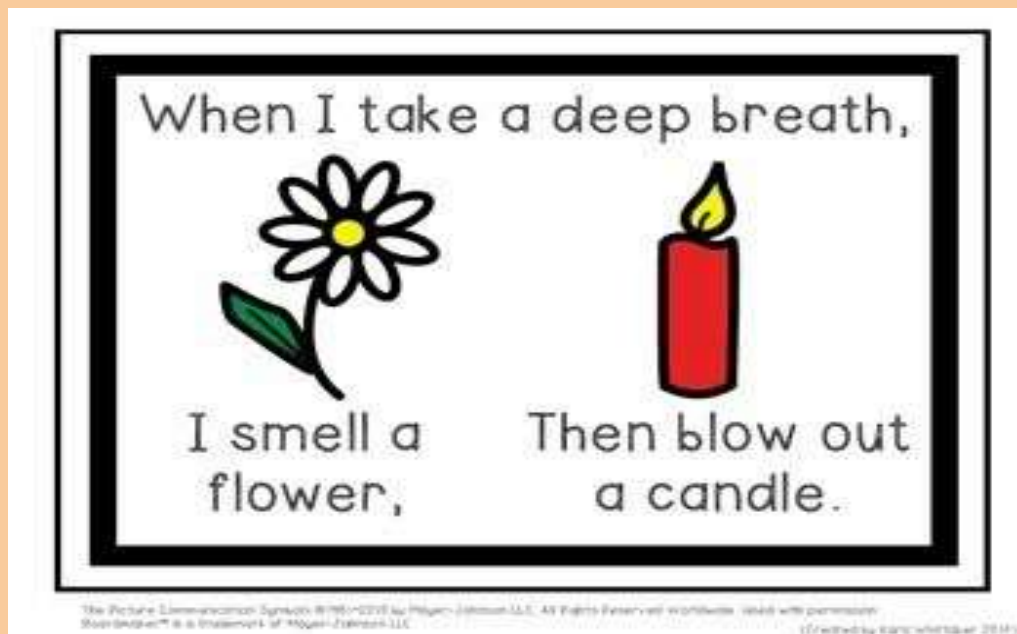


6. BREATHE IN RELAXATION... ...BREATHE OUT TENSION



111 Upper Glenageary Road, Dun Laoghaire, Co. Dublin, A96 E223, Ireland  
Tel: +353 1 285 2900 Fax: +353 1 285 1713 [www.sjog.ie](http://www.sjog.ie)

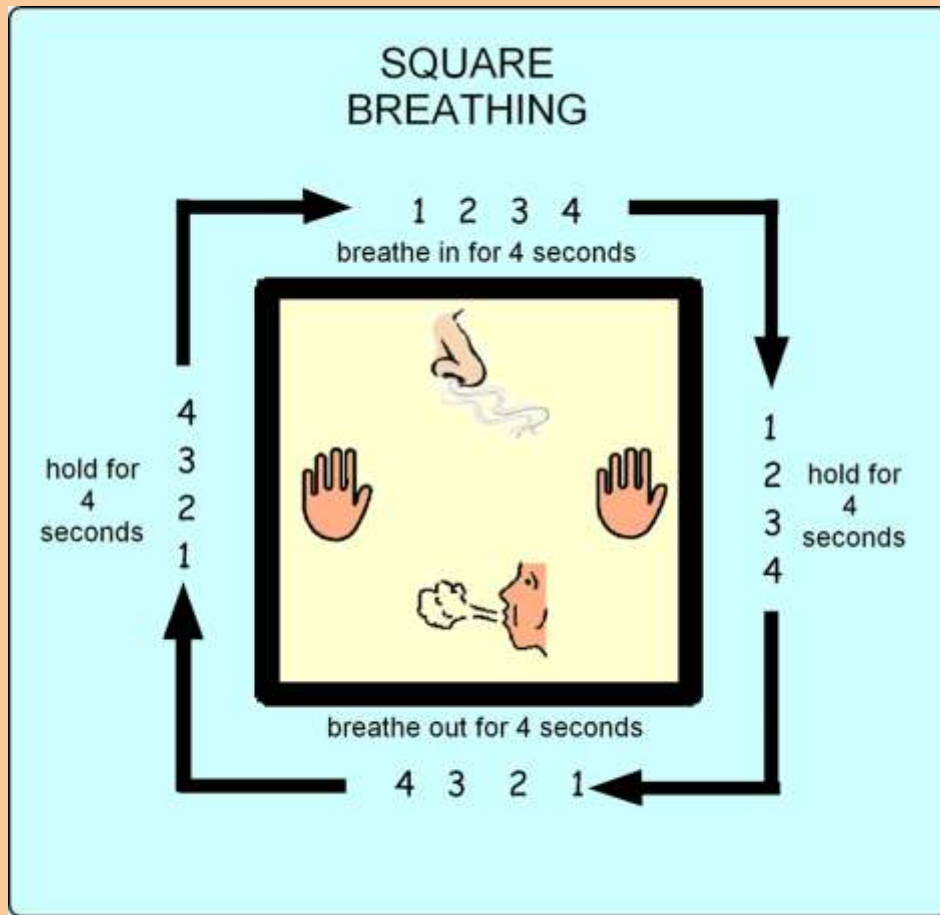
Saint John of God Community Services clg is a company limited by guarantee.  
Directors: Gerard Boyle, William Forkan, Arne Gunning, Paul Robinson, James Hussey, Charles Watchorn,  
Eimer O'Rourke, Anne Cleary. Registered office: Granada, Stillorgan, Co. Dublin, A94 D9N1.  
Reg. Company No. 430744 Reg. Charity No. CHV18284 CRA No. 20069865



111 Upper Glenageary Road, Dun Laoghaire, Co. Dublin, A96 E223, Ireland  
Tel: +353 1 285 2900 Fax: +353 1 285 1713 [www.sjog.ie](http://www.sjog.ie)

Saint John of God Community Services clg is a company limited by guarantee.  
**Directors:** Gerard Boyle, William Forkan, Anne Gunning, Paul Robinson, James Hussey, Charles Watchorn,  
Eimer O'Rourke, Anne Cleary. Registered office: Granada, Stillorgan, Co. Dublin, A94 D9N1.  
Reg. Company No. 430744 Reg. Charity No. CHV18284 CRA No. 20069865





111 Upper Glenageary Road, Dun Laoghaire, Co. Dublin, A96 E223, Ireland  
Tel: +353 1 285 2900 Fax: +353 1 285 1713 [www.sjog.ie](http://www.sjog.ie)

Saint John of God Community Services clg is a company limited by guarantee.

**Directors:** Gerard Boyle, William Forkan, Anne Gunning, Paul Robinson, James Hussey, Charles Watchorn,  
Eimer O'Rourke, Anne Cleary. Registered office: Granada, Stillorgan, Co. Dublin, A94 D9N1.  
Reg. Company No. 430744 Reg. Charity No. CHV18284 CRA No. 20069865



## 6 Steps to Belly Breathing

### STEP 1



Sit in a  
Comfortable  
Position

### STEP 2



Close Your  
Eyes

### STEP 3



Breathe In Slowly  
and Count to Five

### STEP 4



Feel Your Belly Fill  
with Air

### STEP 5



Breathe Out  
Slowly Through  
Your Mouth

### STEP 6



Repeat the Cycle  
Five Times



111 Upper Glenageary Road, Dun Laoghaire, Co. Dublin, A96 E223, Ireland  
Tel: +353 1 285 2900 Fax: +353 1 285 1713 [www.sjog.ie](http://www.sjog.ie)

Saint John of God Community Services clg is a company limited by guarantee.

**Directors:** Gerard Boyle, William Forkan, Arne Gunning, Paul Robinson, James Hussey, Charles Watchorn,  
Eimer O'Rourke, Anne Cleary. Registered office: Granada, Stillorgan, Co. Dublin, A94 D9N1.  
Reg. Company No. 430744 Reg. Charity No. CHV18284 CRA No. 20069865