Definition:
Relaxation is a feeling of calm in body and mind. It is a learned technique which can be used in stressful situations and everyday life to reduce tension and increase control.

Power of Massage
Massage can be a powerful tool to help you relax. Some of the benefits include lowered blood pressure, boosting immunity, and a reduction of pain and stress according to a September 2009 issue of Newsweek. Additionally, the Mayo Clinic suggests massage for the reduction of anxiety, alcohol and tobacco withdrawals, and to increase natural pain killers. While massage can be a powerful tool for relaxation and stress reduction, you should always check with your doctor before engaging in alternative or holistic medicine approaches.

EIU does offer massage chairs in both the Bridge Lounge and the Vending Lounge in the MLK, Jr. Union for student, faculty and staff use.

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Stressors

- Tight deadlines or too many deadlines
- Pressure from superiors
- Lack of acknowledgement for good performance
- Inability to work with colleagues
- Oral presentations
- Trouble managing priorities
- Accountability for budgets
- Long hours
- Thinking about how much needs to be accomplished
- Inability to adapt to change
- Exhausting physical labor
- Changes in work schedules
- Balancing home/family/school and work priorities

Tips to get back in Relaxation Mode

If everyone got the chance to lead a long, happy and healthy life they would! Choosing the correct lifestyle choices can dramatically affect the outcome of your life. There are many theories to being more relaxed and less stressed but only a few remain the same. To elongate your life to the best of your abilities, it helps to:

- Participate in low stress activities like; yoga or meditation
- Consuming a healthy diet while maintaining a healthy weight
- Manage stress the best way possible
- Not abusing drugs or alcohol
- Have the most positive outlook on life as possible

(Publication of the Wellness Councils of America)

Quick relaxation tip

Sitting by yourself for a few moments and planning out your day before it begins can be a de-stressing activity to engage in. When your day is intimately planned out there are no surprises that can send your body back into stress mode.

Relaxation can be diminished when there are too many “to do lists” are running through your head. Thinking about everything you still need to accomplish can cause pressure headaches. To relieve these headaches, the best possible way is to do the following;

- Regular daily exercise
- Gentle stretching (especially neck and back)
- Meditation
- Massage

Keeping your body fit helps your mental fitness too!

- Be physically active everyday
- Eat enough of the proper foods
- Reduce or stop the use of tobacco, alcohol or other drug use
- Have regular check-ups

Staying Mentally Healthy

Just as it’s possible to improve your physical health by adopting certain habits, many experts believe people can increase their chances of being mentally and emotionally healthy much of the time.

Staying mentally healthy is complex. But, simply put, some behaviors make people feel better. If you learn and practice these behaviors, you have a better chance of having good mental health and emotional health. This helps in feeling relaxed and less stressed.