



Relaxation – What is the evidence?

RELAXATION

This month the review of the evidence is all about something to follow on from the bullying update – Relaxation. You can check out all things Mental Health on our [page here!](#)

RESEARCH

All children worry. Researchers have suggested that this worry is in part due to the fact that childhood is full of “firsts”, doing a lot of things for the first time (Hallowell, 2011). While some worries are



developmentally appropriate, for example being away from parents (relates to safety) or not having friends (relates to sociability), other anxieties get in the way of children functioning across different areas (school, home, etc.). As such, it is important for children to develop coping skills to

manage their worries.

Broadly, stress management techniques have been found to be beneficial. In particular, there is evidence to indicate that strategies like yoga, breathing techniques, relaxation response techniques, and sensorimotor awareness activities can improve psychosocial well-being, self-regulations, self-esteem, behaviour and cognition (Dacey, Mack & Fiore, 2016; Gard, et al. 2012; Bothe, Grignon & Olness, 2014).

Below is a list of stress management techniques children can try:

Physical Strategies

- Tense and release muscles / guided muscle relaxation
- Massage
- Exercise
- Playing sport
- Yoga

Psychological Strategies

- Grounding
- Visualisation
- Coping statements
- Meditation
- Distraction
- Redirection

FURTHER READING:

Take a look at Relax Kids [here](#). They have a great portal that

you can access for learning about and teaching relaxation.

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