

Relaxation, mindfulness and meditation



Relaxation, mindfulness and meditation techniques are terrific tools to add to your wellbeing “toolbox”. They are great for reducing stress, improving mood, enhancing concentration, and generally helping you approach the world in a more positive way.

Relaxation techniques tend to focus on reducing physical sensations, such as increased heart rate and muscle tension, while mindfulness and meditation techniques focus more on bringing attention from your thoughts to the present world around you. The great thing about mindfulness and

meditation techniques is that they can often bring relaxation as well.

Relaxation, mindfulness and meditation techniques can be as simple as 30 second techniques, or as long as you have the time and focus for. Try different techniques until you find those that work best for you. Practice your techniques often. The more you practice relaxation, mindfulness and meditation techniques the easier it will be to use them when it really matters!

Try the links below to get started.

Further information and support

- Smiling Mind Mindfulness Meditation <https://smilingmind.com.au/>
- Free meditation resources and classes https://www.yogacandiyatoday.com.au/?gclid=Cj0KEQIAkO7CBRDeqJ_ahuiPrtEBEiQAbYupJTWexercises

- Black Dog Institute – Quick relaxation techniques <https://www.blackdoginstitute.org.au/docs/default-source/psychological-toolkit/relaxationtechniques.pdf?sfvrsn=10>
- Mini-relaxation exercises: A quick fix in stressful moments <https://www.health.harvard.edu/healthbeat/mini-relaxation-exercises-a-quick-fix-in-stressful-moments>

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