

The Benefits of Relaxation

Our team thought you might also be interested to read about how Relaxation is good for you, and your genes too!

As you probably know, relaxation lowers stress and blood pressure levels, improves concentration, refreshes and replenishes energy levels, boosts metabolism, improves sleep, and increases feelings of wellbeing. (reason enough to want to relax a few times a day).

However, few may know of recent research that was conducted by Benson-Henry Institute reported here: <http://healthland.time.com/2013/05/03/relax-its-good-for-your-genes/#ixzz2cXcZyuJv>

People took part in a 20-minute relaxation session in which they used a CD for guidance. They learned deep breathing, mindfulness and mantra practice, which involved focusing their mind on a single repeated word while ignoring distractions.

Researchers found molecular changes in their blood.

Meditation affected genes related to telomeres, which cap off the ends of chromosomes to protect and extend the lives of cells. In other words...it slowed ageing!

Similar to the positive effects of an extra hour of sleep, relaxation reduced activity in genes related to inflammation; those genes were overexpressed in patients with hypertension, heart disease and cancer.

What is relaxation?

“The relaxation response is best understood as the opposite of stress or the fight-or-flight response,” says Benson.

“There are two steps generally used in evoking it:

One is repetition — the repetition can be of a word, sound, prayer, phrase or movement. The other is that when other thoughts come to mind, you disregard them and go back to the repetition.”

What is your family members' favourite, healthy way of relaxing? Meditation? Walking? Yoga?

If you'd like to share the benefits of meditation with family and friends below is a link to a free website that you might enjoy!

<http://smilingmind.com.au>

It's nice to keep in mind that if a person meditates and relaxes for 10 minutes a day for just 8 weeks, their brain changes in positive ways by lowering stress and slowing down ageing...and those benefits are magnified over time according to the research.

Wishing you well

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