

10 Ways to Relax and De-stress in the New Year

Written by Pax Massage's therapists and front desk staff

Compiled by Katie Ambrose, LMT

1. Our resident Esthetician and Massage Therapist Justine says: "I like to relax while getting a facial of course. There's no better time than in the New Year to have new skin! Take care of your skin and your skin will take care of you! Relax and see your skin improve at the same time!"

2. Rachel says: "My favorite way to de-stress is to curl up with a new book. Any troublesome thoughts I had on my mind can then go away."

3. "I like to de-stress by either sitting in a sauna or steam room for about an hour. Clears the mind and the body," says Joe.

4. "I love to take a hot shower, put on a face mask, sit and just watch the Celtics. That's enjoyable and relaxing!" Gwen

Both Helena and Patty recommend being conscious of your breathing!

5. "To relax, I like to bring it back to the basic life function, breathing. As part of the stress response, I tend to start breathing shallow when faced with anxiety. I've learned that the stress response can be switched off by consciously breathing, using a 'relaxed breathing pattern' – slow, even and gentle. Taking 10 minutes out of your day to focus on breathing will do wonders for your mental well-being. I also find that the beach helps me to clear my thoughts and be at peace." Helena

6. Patty recommends, "Breathe in deeply through your nose. When you have breathed as deep as you can, hold it for just a second or two longer, then breathe out through your mouth, again exhaling a second or two longer before you breathe in again. Repeat several times. I also like to put a kettle on for a cup of tea and light candles. This helps set the mood to relax and de-stress."

7. Kastery likes to listen to music and sing like she's the star! "That's how I relax and forget about all that's around me."

8. "I love to relax with a hot shower and a nice cup of herbal tea late at night. I

take a great, rejuvenating book and curl up next to a fire and that enables me to calm my spirit." says Emily. "I also like to relax by lighting candles around the house, making some really great hot apple cider to permeate the entire place and then I like to trade foot massages with my spouse! I believe smell and touch are powerful and something that can really calm a person's nerves".

9. "I love to relax by starting my day out slow, making a cup of coffee, and just sitting in my rocking chair, taking the time to be quiet and prepare for the day ahead. I also love to do this at night, sitting with a cup of tea, and reading before heading to bed," says Katie.

10. "I recommend getting a massage of course! That's what works best for me!"
Morgan