Dorset Pain Management Service
Soaring above pain

NHS
Dorset HealthCare University
NHS Foundation Trust
Dorset Pain Management Service

Relaxation

Relax by reading a book, it calms the mind and relaxes the body.

Simply by opening a book, you allow yourself to be invited into a literary world that distracts you from your daily stressors.

- **Reading can slow down the heart rate, ease tension in muscles and improve overall health.**
- **In 2009 a study at the University of Sussex found that reading can reduce stress by 68%.**
- **Reading works faster and better than other relaxation methods such as listening to music or drinking a cup of tea.**

Find a book or magazine that interests you. Pick a novel where you can escape to another world or read about an activity you enjoy eg. travel, gardening, a hobby or cooking. Reading something you enjoy helps reduce stress so reading the news might not be a good idea if it upsets you.

Looking for inspiration - Join an online book club and get connected with a community of like-minded readers, they are free and are lots to choose from. Or you could start your own with friends.

Set aside 30 minutes every day to read in a quiet and comfortable place where you won't be interrupted and enjoy.