

Reducing Stress

- **Cancer Support Mallorca**

What is stress and its causes



How to reduce it?

- Deep-breathing exercises
- Meditation/ Mindfulness meditation
- Progressive muscle relaxation
- Mental imagery relaxation
- Relaxation to music



Deep-breathing exercise

**Stress &
Anxiety
Relief with
Breathing
Exercises**



<https://www.youtube.com/watch?v=odADwWzHR24>

Mindfulness Meditation



<https://www.youtube.com/watch?v=inpok4MKVLM>

Progressive muscular relaxation



<https://www.youtube.com/watch?v=86HUcX8ZtAk>

**Thank you for
listening!**



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Citations

What is stress and causes to it

- <https://www.cancer.gov/about-cancer/coping/feelings/stress-fact-sheet>

How to reduce it

- <https://my.clevelandclinic.org/health/articles/8133-stress-10-ways-to-ease-stress#:~:text=1%20Deep%2obreathing%2oexercises.%202%20Meditation.%203%20Mindfulness.Counseling%2C%2oto%2ohelp%2oyou%2orecognize%2oand%2orelease%2ostress.>

Mindfulness meditation

- <https://www.verywellmind.com/mindfulness-meditation-88369>