

# Workplace Wellbeing

## Relaxation

Relaxation is essential to help you look after yourself when you're feeling stressed or overwhelmed. This module explores different relaxation techniques and the benefits of rest and recovery from the stresses of everyday life.

## In this Module

Videoscribe explainer video, with professional audio (duration: 02:49)

English Subtitles

7 Expanded learning content blocks in the module format

'Check my understanding'  
5 Question knowledge check

## Top Tips

1. Find a balance between your personal and professional life.
2. Spend your weekends and days off doing the things you enjoy and make time to relax.
3. Don't forget to take your lunch break, it can improve your levels of energy and concentration.

