



The Benefits of Relaxation

Relaxation can DECREASE:

- Heart rate
- Blood pressure
- Muscle tension
- Anxiety

Relaxation can INCREASE:

- Energy level
- Sleep quality
- Productivity
- Concentration and memory

Look for more information and tips on relaxation in this month's Health Kit.

Source:
<https://www.mhanational.org/rest-relaxation-and-exercise>

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