



# Relaxation Tools and Techniques

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*Every now and then go away,  
have a little relaxation, for when  
you come back to your work your  
judgment will be surer.*

- LEONARDO DA VINCI

# Relax

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Why you need to relax?

Stress clouds your judgement and ability to think coherently.

Stress wreaks havoc with your heart rate.

Stress can suppress your immune system.

Stress can make you physically sick.

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Know yourself and play it safe.

Not every technique works for every person.

There are as many relaxation techniques as there are people in the world.

Know yourself and know what works for you.

Make sure the technique you use is safe.

*For fast-acting relief try slowing  
down.*

- LILY TOMLIN

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Tricks of the trade?

Like the quote said, slow down.

Go outside and take a walk, look at the sky, breathe the air.

Visit another world (go read a book or watch some TV)

Stand up and take several deep breaths.

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Go Techy?

Colorfy <https://www.youtube.com/watch?v=bPVPxwrwk00>

Calm <https://www.youtube.com/watch?v=ZRK94nsy03o>

Rain without the wet <https://www.youtube.com/watch?v=nDq6TstdEi8>

Call of Duty Calls or maybe word games.

*Discovery of the Structure of  
Benzene and Aromatic Chemistry  
came about because of a dream.*

*- AUGUST KEKULÉ*



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## Why Sleep?

Unable to solve the problem of atoms in Benzene, August sat before his fireplace and fell asleep.

He began dreaming of atoms dancing. Gradually the atoms arranged themselves into the shape of a snake. Then the snake turned around and bit its own tail.

The image of the snake, tail in its mouth, continued to dance before his eyes. When Kekulé awoke, he realized what the dream had been telling him:

# Relax

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Why Sleep?

Benzene molecules are made up of rings of carbon atoms and thus was solved one of the most difficult chemistry problems of his day.

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## Why Sleep?

Additionally, you need to sleep in order to repair your body

To have the energy and to accomplish a task

To be able to think clearly

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How to get to sleep?

No caffeine for a few hours before sleep

Some say warm milk.

Cool environments are better for sleep.

No electronics for an hour before bed.

White noise works for some people.

# Relax

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- Questions & Answers