




**South West
Yorkshire Partnership**
NHS Foundation Trust

A large circular graphic composed of numerous blue brushstrokes of varying lengths and directions, creating a textured, concentric ring effect around the central text.

Guided Audio Relaxation

With **all of us** in mind.

IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website www.wakefieldrecoverycollege.co.uk, clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email (wakefieldrecoverycollege@swyt.nhs.uk) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay home. Protect the NHS. Save Lives.

Thinking of you all, from
Your Recovery College Team.





With **all of us** in mind.



What we'll cover



We have 4 guided relaxation audio clips from our volunteer Cate, at Horbury Integrative Therapies. Please feel free to listen to them all, or just the ones you find most helpful. Please read the disclaimer on the next slide before listening.

- 
- Gentle waves of relaxation
 - Special place relaxation
 - Inner room
 - Progressive muscle relaxation
- 

Disclaimer

Important, please read

- Do not listen to these recordings whilst driving or operating machinery.
- These recordings are not designed to be listened to by anyone suffering from epilepsy or severe mental health issues, including psychosis, due to the visual guidance within them (this is what is meant by when “mental disorders” referenced in the recordings).
- The recordings are not intended to diagnose, treat or cure any disease or illness. If you are unsure about the suitability of these recordings please consult a medical professional before listening.



**South West
Yorkshire Partnership**
NHS Foundation Trust

Gentle Waves of Relaxation

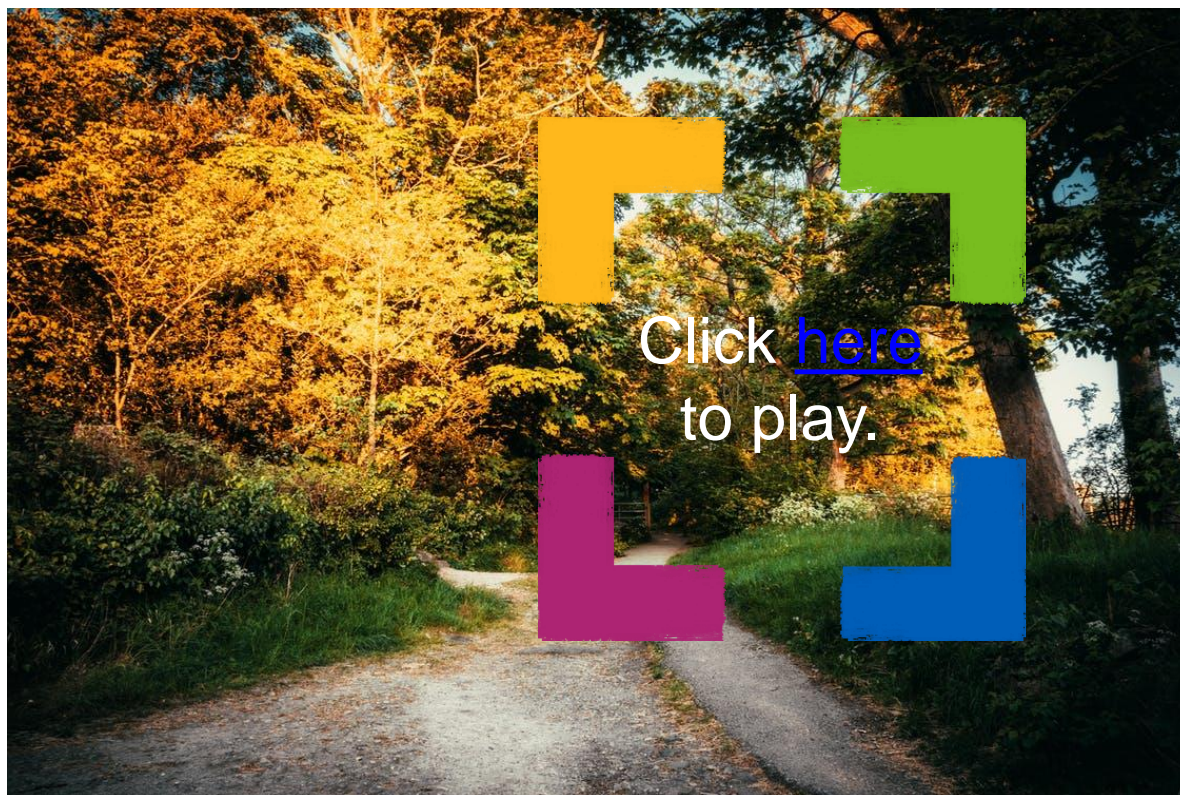


With **all of us** in mind.



**South West
Yorkshire Partnership**
NHS Foundation Trust

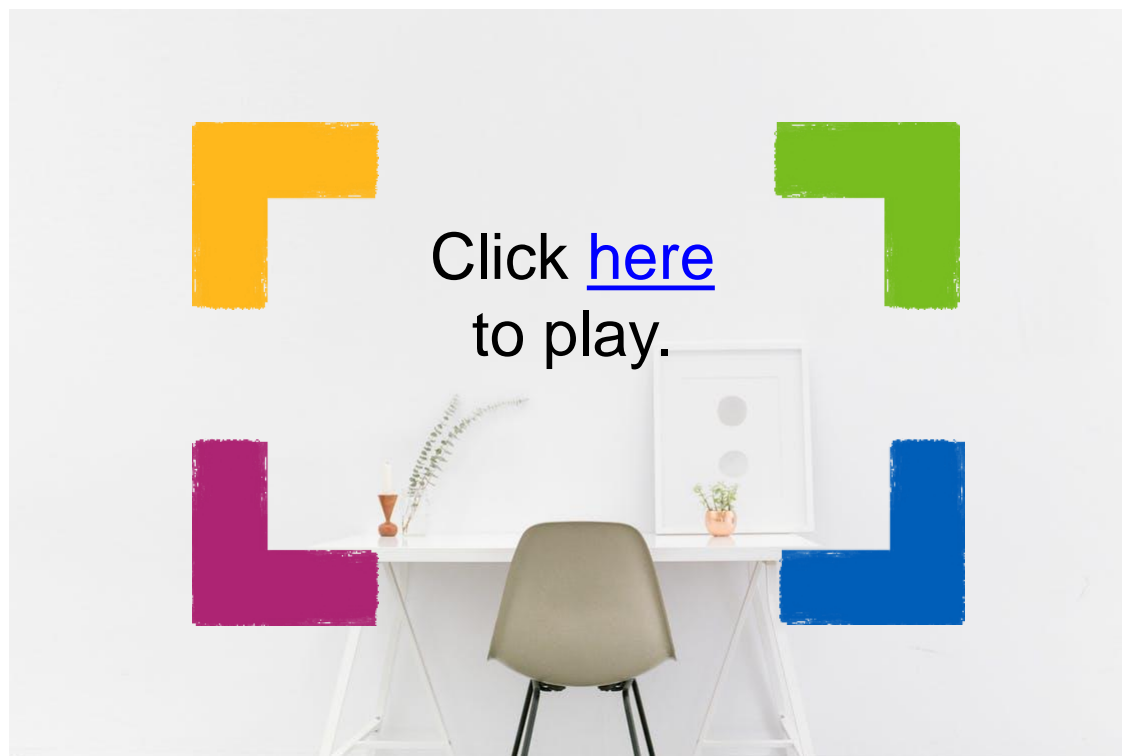
Special Place Relaxation



With **all of us** in mind.



Inner Room

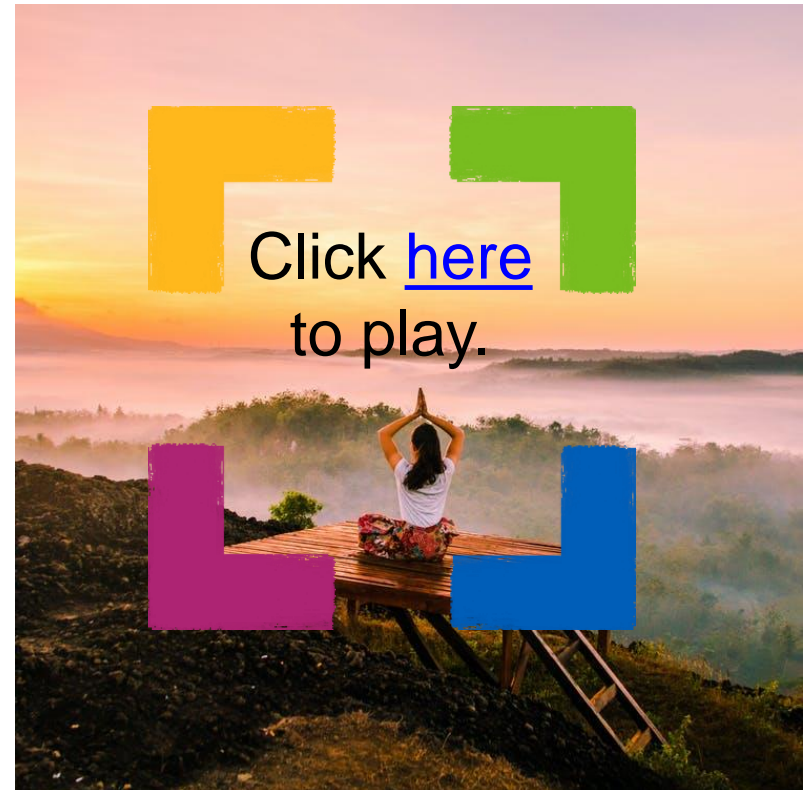


With **all of us** in mind.



South West
Yorkshire Partnership
NHS Foundation Trust

Progressive Muscle Relaxation



With **all of us** in mind.



South West
Yorkshire Partnership
NHS Foundation Trust

Have you got any
questions?

Get in touch at:

01924 316946 &

[wakefieldrecoverycollege](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

[@swyt.nhs.uk](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

(we're still here!)



With **all of us** in mind.



**South West
Yorkshire Partnership**
NHS Foundation Trust

With all of us in mind.

With **all of us** in mind.