

Background and purpose of 2015 tracks



In this CD, **NHGP Psychology Services** presents *evidence-based safe, simple and easy-to-use relaxation techniques* to enhance stress reduction for people who could benefit from a bag of self-help strategies to take charge of chronic disease.

This series of audio tracks, compiled to highlight the importance of self and stress regulation, for **World Mental Health Day 2015**, aims to offer you a range of techniques for a greater sense of control to regulate stress, resolve problems, enhance motivation, improve sleep, relief tension and pain.

Through greater control of mental health, one can then better manage chronic disease.

These relaxation techniques can *complement* the treatment of doctors, nurses and other allied health professionals.

Regular application of these techniques can empower you to take charge.

This can in turn increase adherence to treatment, reduce pain, increase acceptance and learning to living meaningfully despite chronic disease.