

How To Use Your Smartphone To Really Relax

Being able to properly relax is something we should all try to do more often. However, it doesn't always seem as easy as it might be; there is always something to distract us or make us stop relaxing and start feeling tense again. We're so busy with work and family life and try to have the ideal work-life balance that relaxation doesn't often come into it.

Luckily, we do all have smartphones; or at least the majority of us do. These smartphones could be exactly what you need to help you to relax more. Stay away from social media and your work emails and use your cell for something a little different, and you'll soon find that relaxation isn't something you forget about – instead, it becomes an important part of every day.



[Photo by Anna Shvets](#)

Read A Book

The advent of the eBook was a turning point when it comes to combining technology with relaxation. Reading is a great way to relax, as it takes all of your focus and means you don't have to – in fact, you can't – think of anything else. You can really get involved in the book you're reading and let the rest of the world fade away, at least for a little while.

By downloading eBooks to your smartphone, you can read no matter where you are. Even if you only have 10 minutes to spare at the end of the day or during a lunch break, you can use that time to relax with a good (electronic book).

Listen To Music

Listening to music has a similar effect on the brain as reading does; you can drift away and not have to worry about anything else that is going on around you. When it comes to relaxing, listening to the radio or a specially created playlist on your phone is ideal; you can plug in your earphones and literally and metaphorically block out everything going on around you.

To really loosen up and relax, why not sing along? Singing is a good way to unwind the muscles and let your inhibitions reduce too.

Play Games

Some people like to relax by playing games. This might be a board game, a video game, or it could be a game on their smartphone. There are so many variations that it's possible to play any kind of game you like, from downloading apps to building cities to trying your hand at casino games. Whatever you enjoy playing, there will be a website or an app that gives you that chance to relax.

Listen To White Noise

White noise is, technically, any kind of noise that contains every frequency that humans can hear. It's great for relaxation because it blocks everything else out, and many people like to listen to white noise through the night; it helps them get to sleep more easily, and it stops them waking up so frequently during the night.

You can download white noise apps to your smartphone and play them in your bedroom. White noise could be precisely what you need to get better sleep, and since most apps are free, you can try a few out to make sure it works for you.