

# RELAXATION TECHNIQUES

## PROGRESSIVE MUSCLE RELAXATION

This technique involves the tensing and relaxing of various muscle groups in a progressive sequence.

1. Find a quiet and comfortable place to relax.
2. Take a couple of deep, calming breaths.
3. Allow an entire muscle group to tense (contract) then relax.
4. Start by tensing, then relaxing, the muscles for each muscle group:
  - a. Tense all the muscles of your hands and forearms for 10 to 15 sec.
  - b. Relax the muscle group completely, allowing it to feel at ease.
  - c. Move on to the next muscle group. Repeat until all muscle groups have been tensed and relaxed.

### Muscle Groups

1. Curl your toes.
2. Tense your right muscles.
3. Tense your left hand muscles.
4. Tense your left hand muscles.
5. Tense your shoulders.
6. Tense your neck.
7. Relax your face.
8. Relax your neck.
9. Relax your shoulders.
10. Relax your neck muscles.
11. Relax your face.
12. Relax your neck.
13. Relax your face.
14. Relax your neck.



## VISUALIZATION

This technique can be used in any place at almost any time. It involves telling your brain that everything presently is making a calm picture and relaxing muscles. Imagine being in a magnificent environment with lovely surroundings. Feel the sun rays, hear the birds, and breathe in the goodness of your environment. This can be a helpful response of stress when combined with relaxation. Use your visualization responses to relax stress, change emotions, or even to help you sleep at night.

Some ideas: imagine being at a tropical island, a peaceful mountain scene, anything in nature, or in a tropical wilderness. Feel the sun, hear the birds, and breathe in the goodness of your environment.

## THE "TRAO COLL" TECHNIQUE

1. Find a soft area which is large enough to stand with a ball in a perfect form.
2. Bounce the ball on the ground, creating a rhythmic sound, and counting to ten.
3. Bounce the ball on the ground, and counting to ten, and counting to ten.
4. Bounce the ball on the ground, and counting to ten, and counting to ten.
5. Bounce the ball on the ground, and counting to ten, and counting to ten.
6. Repeat continuously.



**OTHER WAYS TO RELAX:** (a) Deep breathing exercises  
(b) Yoga breathing exercises