

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 (usually about 10 seconds).
4. Bring the relaxation before the sequence for each muscle group.
 - a. Relax the muscle by thinking of the body part completely full of air.
 - b. Release the muscle group completely, allowing it to fall or rest.
 - 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-side muscles.
4. Tense your abdominal/thoracic muscles.
5. Tense your arms.
6. Tense your legs.
7. Relax your muscles.
8. Relax your head.
9. Relax your shoulders.
10. Relax your neck.
11. Relax your stomach.
12. Relax your face/eyes.



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. Picture the light, sounds, smells, and sensations 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, a beach at sunset, or a beautiful landscape that relaxes deep in the mind. Create your own visualization as well.

THE "TRAO COLL" TECHNIQUE

1. Find a soft area which is large enough to stand with a ball to a perfect level.
2. Bounce, rub, or shake around (usually with a ball) until you feel a strong vibration.
3. Allow your body to settle to rest on the floor with the ball.
4. Relaxation and any (COULD BE) a relaxed, calm, or even peaceful.
5. Some people's bodies naturally vibrate around.
6. Repeat continuously.



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