



STRESS
Meditation & Relaxation Worksheet



The body's natural relaxation response is a powerful antidote to stress. Relaxation techniques such as deep breathing, visualization, progressive muscle relaxation, meditation, and yoga can help you activate this relaxation response. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity.

Using your Textbook pg176-177:

1) *Describe the most common procedure of relaxation taught by Jacobson(1938):*

2) *What are the similarities between meditation and muscle relaxation?*

3) *How can you exert control over increase in general physiological arousal?*

4) *What is a mantra?*

PROGRESSIVE MUSCLE RELAXATION AND MEDITATION ARE USEFUL GENERAL TECHNIQUES FOR REDUCING BODILY AROUSAL IN STRESSFUL SITUATIONS. THEY PROVIDE SOME CONTROL IN THESE SITUATIONS BUT DO NOT DIRECTLY TARGET THE SOURCES OF STRESS OR PROVIDE SPECIFIC COPING SKILLS.