

Educational Links (English):

- ❖ <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368>
- ❖ <https://nccih.nih.gov/health/stress/relaxation.htm>
- ❖ <https://medlineplus.gov/ency/patientinstructions/000874.htm>
- ❖ <http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot>

Educational Videos (English):

- ❖ <https://www.youtube.com/watch?v=ZVHOKq91Uh4>
- ❖ <https://www.youtube.com/watch?v=pKZCGVSxmas>

Educational Booklet: Relaxation Techniques

Relaxation is a process that reduces the effects of stress on your body and mind. Relaxation techniques can help you deal with daily stress and stress related to various health problems. In general, they are therapeutic methods that help us to calm down and thus reduce or eliminate the total reactions of our body when we face situations that produce stress. It helps us gain emotional and physical self-control.

They are beneficial using relaxation techniques along with other positive coping methods, such as positive thinking, humor search, problem solving, time management, exercising, getting enough sleep, and looking for supportive family and friends.

In general, relaxation techniques include focusing your attention on something that calms you down and increasing your body's awareness.

The importance of learning to physically relax is because:

- ❖ Relaxation helps to relieve the stresses of the diary.
- ❖ Helps to recover and maintain emotional and physical balance.
- ❖ It is of great help as an adjunct treatment to treat various emotional problems and practical problems.
- ❖ Prevents the development of physical diseases and/or relieves them, when they already exist.

What is it?

Relaxation exercise consists of suppressing muscle and mental tension caused by prolonged situations of stress and anxiety, through simple techniques and the control of our own thinking that aim to achieve a state of calm and peace inside, this is the goal of relaxation.

Who can do these exercises?

It can be done by anyone (except people with special-cause medical restrictions, you should consult a specialist first) but it is especially indicated for people with anxiety or depression disorders, people exposed to long periods of tension and stress, sleep disorders, muscle aches or other symptoms, among others.

Benefits of practicing relaxation techniques

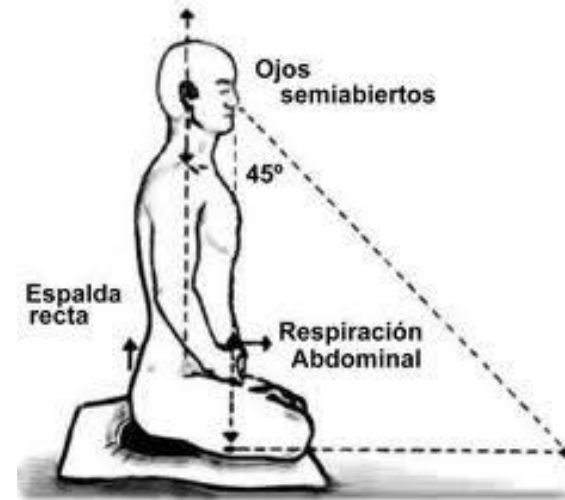
Relaxation practices, exercises, and techniques can have great benefits in your life such as:

1. Reducing stress hormones in your blood
2. Increase the sense of control
3. Increase self-esteem
4. Increase blood flow to muscles
5. Reduce muscle tension
6. Reduce chronic pain
7. Greater sense of well-being
8. Decrease fatigue
9. Lower ingesting your heart rate
10. Lowering blood pressure
11. Reduce feelings of hate and frustration

Meditation:

Meditation is a method of reducing distress, tension and increasing self-knowledge. It has been shown to be effective in producing a state of deep relaxation. We must move interruptions (radio, televisions, telephone, concerns and/or other people's thoughts) away from our "mind".

1. The back should be kept straight, and the shoulders relaxed. We can perform the exercise slightly against a wall or in a chair with a right back.
2. You can place your hands with your palms up or down on your knees.
3. Release the shoulders and the rest of the body.
4. When they are in the right position, they can close their eyes and begin to concentrate on their breathing; as the air comes in and out of the nose.
5. You can count each breath, (by inhaling count 1 and exhaling 2, inhale 3 and exhale 4, etc.) after a while, focusing only on breathing
6. It should be viewed completely relaxed in all parts of your body. Breathing should be gentle and slowly.



For questions or concerns, discuss it with your doctor.

Deep Breathing:

1. Find a quiet place and sit or lie down.
2. If you are seated, try not to hump, but make sure you are in a comfortable position. Your face should be parallel to the ceiling and not turned up or down.
3. Close your eyes.
4. Feel your breath pass through your nose and fill your lungs and then come out.
5. Put a hand on the bottom of your stomach. Make sure your arm is relaxed and rests on the floor or a pillow.
6. While you inhale slowly:
 - ❖ let your stomach expand like a balloon that inflates upwards, downwards, and on the sides.
 - ❖ as your stomach expands, it feels like your lungs fill with air.
 - ❖ breathe for the time it takes to count from 4 to 10.
7. When exhaling, let your stomach relax. Gently let air out of your lungs. This should take what it takes to count from 4 to 10 as well.
8. As long as you breathe in this way, do not think about other things. Just think about your breathing.
9. Continue breathing in detail in stages 6 and 7 for 10 to 20 minutes, at least.



Relaxation Techniques:

These techniques are specifically designed to help you learn how to relax.

Conscious Meditation

Learn how to acquire a state of being with a calm, focused and harmonious mind. This calm is a natural way of being, which can help reduce pain and discomfort.

Tense and Relax Method

This method can help relieve muscle tension and reduce chronic pain. With constant use, the Tense and Relax technique will help you become familiar with how the tension feels and how to leave it.

Deep Breathing

This can help with chronic pain, stress, muscle tension, anxiety, sleep disorders and other conditions such as high blood pressure.

Guided Images

This method uses relaxation, mental visualization and imagination to improve physical well-being, health and mood. It can be done on your own or with a therapist, CD or video.

Other relaxation techniques include:

1. Hypnosis
2. Massage
3. Tai Chi
4. Yoga
5. Music therapy and art

Tense and Relax Method:

Tense and Relax is a method used to reduce muscle tension and stress and help reduce chronic pain. With regular use, Tense and Relax will help you become familiar with what tension makes you feel and how to let it go.

We alternate the stress and relaxation phases of the various muscles, we learn to change the states of tension by state of relaxation.

Relaxation should be practiced at least 20 minutes, 4 or 5 days a week or daily. Choose a quiet place without much light, especially when you start.

1. Find a quiet place to sit or lie down. As comfortable as possible.

2. Slowly and gently tighten the muscles of your right leg. Hold the tension for a few seconds, then exhale while relaxing your right foot completely. You can say or think the word RELAX while relaxing your foot. Let out any tension. Pause before going to the next part of the body. Do the same with your left foot.

3. Do the same, strain and relax all muscle groups afterwards. Be sure to let out the tension and exhale and let the muscles relax as much as possible. Say or think of the word RELAX to release the tension. Be sure to pause between each part of the body:

- ❖ Arm, forearm and hands: make fists, pressure on the forearms, "muscle".
- ❖ Head, face, and neck: raise eyebrows, close eyes tightly, purse forehead and nose. Open your mouth, squeeze your lips, squeeze your teeth, lower your beard by pressing it against your chest and counterforce with your chest. Squeeze your tongue against the palate.
- ❖ Shoulders and neck: lift your shoulders up and then carry them back, With your shoulders up, bring your head back and turn it to the right and left.

- ❖ Hips, legs and feet: compress the hips tightly. Stretch your legs to the max, bend your feet down in the middle, and fold your fingers up. Press your heels against the ground.
- ❖ The buttocks, squeezing the butt.
- ❖ Your abdomen by contraction of the muscles and adding to the abdomen.

4. Take some time to feel your breath when you're done tensing and relaxing.

