

Relaxation



Progressive Muscular Relaxation Technique

Sit comfortably, close the eyes and breathe naturally.

Clench the fists tightly and then tense the arms.

Breathe out release the tension in the arms all the way down to the fingertips.

Say the word 'relax'.

Let the arms fall to your side, like a limp doll.

Relax the feet and calf muscles, then the thighs, bottom, stomach, back and head.

Tense the muscles of the face last and with each breathe out saying the word 'relax' so the entire body feels heavy and relaxed.

Imagining a peaceful scene and put yourself there. It may be a boat on a calm ocean or a beautiful clearing in the bush.

Stay there for a while.

Slowly arouse the feet, legs, back, and shoulders. Bring the arms forward into the lap, bring the head up, and open the eyes.

Effleurage

Gentle strokes of circular massage done with the fingertips, to be used on the abdomen, hips, thighs, or anywhere on the body where it feels good.



Use a flat-hand stroke on the arms, legs and broad flat surface of the back.

Effleurage with only the fingertips gliding (rather than the whole hand) is called feathering.

Light effleurage promotes relaxation, alleviates pain and encourages sleep. Relaxed muscles short-circuit fear, tension and pain

Relaxation through Breathing



Inhale and exhale slowly through the nose only.

Then, inhale through the mouth with the lips puckered as if to kiss or making a whistle.

After the inhalation, relax the lips and exhale through the mouth slowly, then inhale through the nose and exhale through the mouth,

Last breath pattern is inhaling through the puckered lips and exhaling through the nose

