



## LEARNING TO RELAX

- Get advice from health professionals, talk with people experienced in relaxation techniques
- Set aside time every day in your schedule
- Find a quiet, comfortable place, dim lights and play soothing background music.
- Be patient. Relaxation results in slowed breathing and heart rate with a sense of calmness.

***“Be still, and know that I am God.”***  
- Psalms 46:10



Provided by Community of Christ Health Ministries Association  
816-833-1000 ext 1262 email: [HMA@CofChrist.org](mailto:HMA@CofChrist.org)  
Website: [www.HMACofChrist.org](http://www.HMACofChrist.org)



## LEARNING TO RELAX

- Get advice from health professionals, talk with people experienced in relaxation techniques
- Set aside time every day in your schedule
- Find a quiet, comfortable place, dim lights and play soothing background music.
- Be patient. Relaxation results in slowed breathing and heart rate with a sense of calmness.

***“Be still, and know that I am God.”***  
- Psalms 46:10



Provided by Community of Christ Health Ministries Association  
816-833-1000 ext 1262 email: [HMA@CofChrist.org](mailto:HMA@CofChrist.org)  
Website: [www.HMACofChrist.org](http://www.HMACofChrist.org)

## Relaxation Techniques

- Deep Breathing- When you breathe with the diaphragm, blood is carried more efficiently to the body.
  1. Sit or lie down with hand on abdomen
  2. Breathe in slowly through nose, out through mouth
  3. Exhale slowly pushing out all air in lungs
- Progressive Muscle Relaxation identifies which muscles are tense. Relax muscles, then the mind.
  1. Sit or lie down with eyes closed
  2. Slowly tighten muscles for 5 seconds, relax them for 20 seconds.
  3. Start at feet and move through each muscle group
  4. Finish by relaxing whole body, breathe deeply and slowly then open eyes.
  5. Allow 15-20 minutes for this technique
- Visualization creates positive mental images
  1. Close your eyes
  2. Imagine a scene or event- note smells, sounds
  3. Continue until you feel relaxed
- Meditation involves quieting the body and mind while focusing on a word, phrase, image, or breathing.
  1. Sit in a chair with head centered over the spine or on a cushion on the floor with legs crossed
  2. Aim for 5-10 minutes and increase to 30 minutes each day
  3. Close eyes, breathe smoothly and evenly
  4. Picture your body, relax tense spots, focus on breathing, refocus if become distracted
- Yoga combines breathing, meditating and movement
  1. Abdominal breathing to relax and focus
  2. Meditation with movements to clear the mind
  3. Try simple movement and progress
  4. Coordinate breathing with movements, relaxing after each position
  5. Be careful not to strain or overstretch
  6. Allow 20-30 minutes for this technique
- Massage tense muscle groups
  1. Learn simple massage techniques
  2. Massage own shoulders, feet, or neck
  3. Find a trained massage therapist

## Relaxation Techniques

- Deep Breathing- When you breathe with the diaphragm, blood is carried more efficiently to the body.
  1. Sit or lie down with hand on abdomen
  2. Breathe in slowly through nose, out through mouth
  3. Exhale slowly pushing out all air in lungs
- Progressive Muscle Relaxation identifies which muscles are tense. Relax muscles, then the mind.
  1. Sit or lie down with eyes closed
  2. Slowly tighten muscles for 5 seconds, relax them for 20 seconds.
  3. Start at feet and move through each muscle group
  4. Finish by relaxing whole body, breathe deeply and slowly then open eyes.
  5. Allow 15-20 minutes for this technique
- Visualization creates positive mental images
  1. Close your eyes
  2. Imagine a scene or event- note smells, sounds
  3. Continue until you feel relaxed
- Meditation involves quieting the body and mind while focusing on a word, phrase, image, or breathing.
  1. Sit in a chair with head centered over the spine or on a cushion on the floor with legs crossed
  2. Aim for 5-10 minutes and increase to 30 minutes each day
  3. Close eyes, breathe smoothly and evenly
  4. Picture your body, relax tense spots, focus on breathing, refocus if become distracted
- Yoga combines breathing, meditating and movement
  1. Abdominal breathing to relax and focus
  2. Meditation with movements to clear the mind
  3. Try simple movement and progress
  4. Coordinate breathing with movements, relaxing after each position
  5. Be careful not to strain or overstretch
  6. Allow 20-30 minutes for this technique
- Massage tense muscle groups
  1. Learn simple massage techniques
  2. Massage own shoulders, feet, or neck
  3. Find a trained massage therapist