

Relaxation Techniques

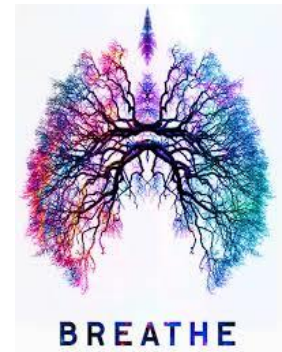


When we experience anxiety, our body enters a state called the *fight-or-flight* response. During fight-or-flight, our bodies release chemicals that prepare us to either confront or flee from danger. Immediate symptoms include a reduced ability to think clearly, increased blood pressure, sweating, tensing of muscles, and more. These changes prepare us for survival from physical threats, but they do little help with modern stressors such as presentations, meeting new people, or long days at work or school.

Deep Breathing

It's natural to take long deep breaths when relaxed. However, during fight-or-flight response, breathing becomes rapid and shallow. Deep breathing sends messages to the brain to begin calming the body. Practice will make your body respond more efficiently to deep breathing in the future. It helps to do deep breathing 2-5 minutes every night, even if you aren't particularly stressed.

1. Breathe in slowly. Count in your head and make sure the inward breath lasts at least 5 seconds. Pay attention to the feeling of the air filling your lungs.
2. Hold your breath for 5 to 10 seconds (again, keep count). You don't want to feel uncomfortable, but it should last a bit longer than an ordinary breath.
3. Breathe out slowly for 5 to 10 seconds (count!). Pretend like you're breathing through a straw to slow yourself down. Try using a real straw for practice.
4. Repeat the breathing process until you are calm.



Imagery

Think about some of your favorite and least favorite places. Some places can easily cause stress, and others fill us with a feeling of calm and relaxation. Our brain creates an emotional reaction just by thinking about these places- we don't actually need to be in them. The imagery technique uses this to our advantage.

1. Make sure you are somewhere quiet without too much noise or distraction. You will need a few minutes to just be in your head.
2. Think of a place or a situation that's calm to you. Some examples are the beach, hiking on a mountain, relaxing at home with a friend, or playing with a pet.
3. Paint a picture of the calming place in your mind. Don't just think of the place briefly- imagine every little detail. Go through each of your senses and imagine how they feel.



Here's an example of using a beach:

- a) Sight: The sun high in the sky and I'm surrounded by white sand. There's no one else around. The water is greenish blue and waves are calmly rolling in from the ocean.
- b) Sound: I can hear the deep pounding and splashing of the waves. There are seagulls everywhere in the background.
- c) Touch: The sun is warm on my back, but a breeze cools me down just enough. I can feel sand moving between my toes.
- d) Taste: The lemonade I'm drinking is sweet and tart.
- e) Smell: I can smell the saltwater and fresh air.



Progressive Muscle Relaxation

During the fight-or-flight response the tension in our muscles increases. This can lead to a feeling of stiffness or even back and neck pain. Progressive muscle relaxation teaches us to be aware of this tension so we can identify and address stress that we may not have been aware of.

1. Find a private and quiet location. You should lie or sit down somewhere comfortable.
2. The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practice with your hands.
 - a) Tense the muscles in your fingers as hard as you can. This will make your hand go into a claw shape. Notice the feeling of tension in your hand. Hold this tension for 5 seconds.
 - b) Release the tension from your fingers. Let them relax. Notice how your fingers feel differently after you release the tension.
 - c) Tense the muscles all throughout your hand to create a fist. Notice the feeling of tension. Hold this tension for 5 seconds.
 - d) Release the tension from your fist and notice the feeling of relief in your hand.
3. Follow this pattern of tensing and releasing tension all throughout your body. Begin with your toes and move up through your feet, legs, buttocks, stomach, chest, back, shoulders, arms, fingers, hands, neck, face and finally your whole body.