

Level 2



# RELAXATION TECHNIQUES

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# Student Workbook

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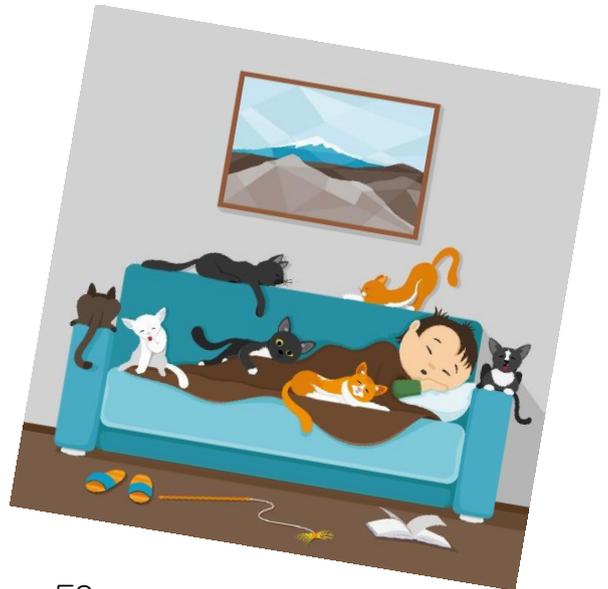
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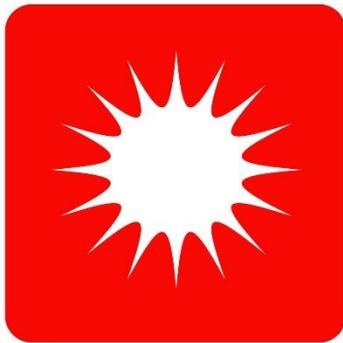
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## A. Your health

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1. While you are doing this course, consider your **overall health**. Look at the diagram below:

# THE SIX BEST DOCTORS



SUNSHINE



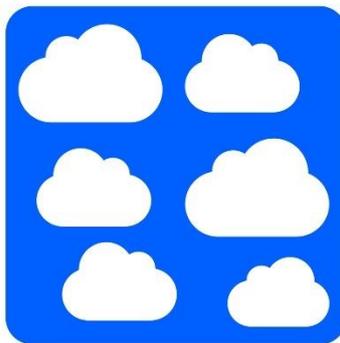
WATER



REST



EXERCISE



CLEAN AIR



DIET

2. Name one way in which you can work on each of these:

- a) Sunshine \_\_\_\_\_
- b) Water \_\_\_\_\_
- c) Rest \_\_\_\_\_
- d) Exercise \_\_\_\_\_
- e) Clean air \_\_\_\_\_
- f) Diet \_\_\_\_\_

Sample

## B. Stress in everyday life



1. Name some common stressors in your life:

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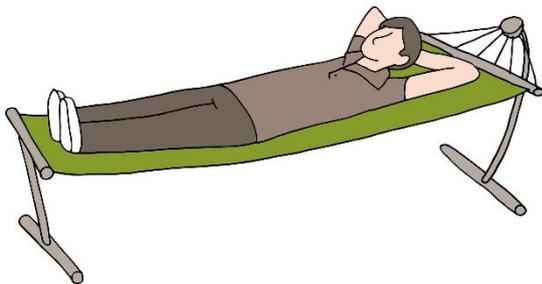
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Practising relaxation techniques puts the 'brakes' on stress and brings your body and mind back to a healthy state. The goal is to be both **physically relaxed** and **mentally alert** at the same time.

There is no 'best' relaxation technique. Try to find the techniques that suits you the best and help you the most.

2. What relaxation techniques have you been using in your life?

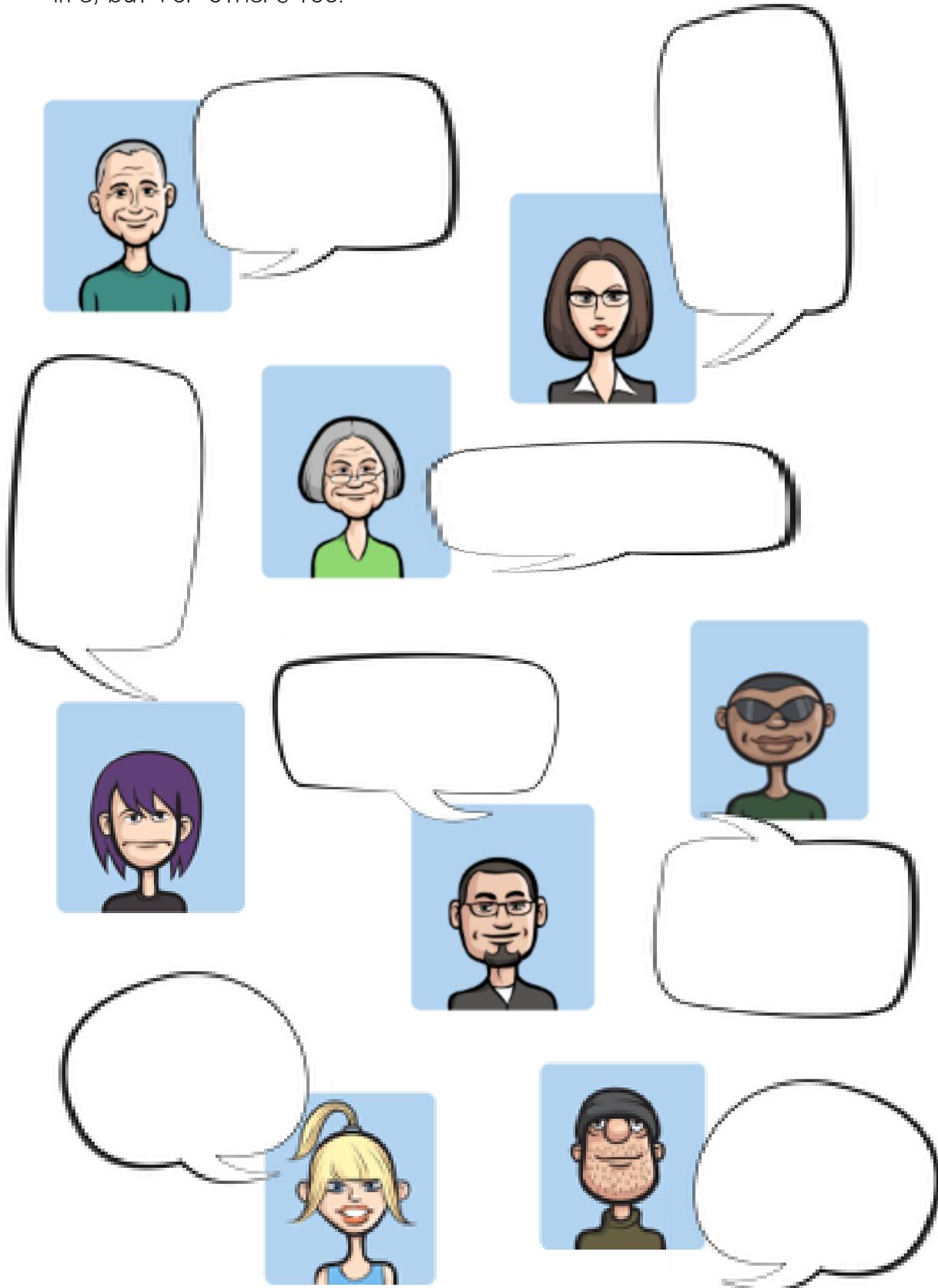
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Sample

3. Name some things that cause stress in everyday life, not just in your life, but for others too.



Sample

. What are the benefits of meditation? Look at the diagram and complete the sentences.



- a) Meditation balances your .....
- b) It regulates your ..... rate.
- c) It brings harmony to your .....
- d) It reduces ..... and depression.
- e) It improves focus ..... memory.
- f) It increases immunity, happiness and .....



Sample

# Relaxation Techniques

. Label these methods to practise along with relaxation:

humour, healthy diet, sleep, friends, nature, exercise



Sample

## Breathing Exercise I

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We usually practise shallow breathing. You will need to practise breathing more deeply.

### Method

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1. Inhale for a count of four.
2. Then exhale for a count of four.

### Tips

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- Remember to breathe through your nose.
- As you get better at it, try six to eight counts per breath.
- This step is great for the beginner who wants to relax.
- A count of 10 breaths would be a great way to rejuvenate you.



### Benefits

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- Calms the nervous system
- Increases focus
- Reduces stress and anxiety
- Brings your focus and concentration to the present

### When to use it

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- At any time and any place
- When your thoughts are troubling you
- When your thoughts are racing
- When you are struggling to fall asleep

### Your experience

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- a) Did you follow the instructions? \_\_\_\_\_
- b) How did this breathing exercise make you feel?

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- c) Would you use this technique again? \_\_\_\_\_

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Sample



## A. Walking

Aerobic exercise of any kind has the power to relieve stress.

### Method

1. Dress comfortably. Put on good walking shoes / runners.
2. Walk for 20- to 30-minutes. If you are a complete beginner, start with whatever you are comfortable with, e.g. 10 minutes.
3. You can take a comfortable stroll or a brisk walk, whatever suits your fitness level.

### Tips

- Walk as often as you can.
- Walk with others.
- Walk somewhere scenic if possible!
- Use your mind while you're moving your body. Be aware of the sights and sounds around you as you walk.
- Pay attention to your footsteps.

### Benefits

- Relieves stress
- Calms nerves
- Enhances self-esteem
- Combats depression
- Improves mood
- Release of endorphins, potent brain chemicals that relieve pain and stimulate relaxation
- Gives you a sense of calm and well-being
- Invokes positive feelings



### When to do it

- As often as possible
- When you are stressed, nervous or anxious

Sample

Your experience

a) Did you follow the instructions? \_\_\_\_\_

b) How did the walking make you feel?

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c) Would you use this technique again? \_\_\_\_\_

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Tick the common mistakes when walking:



- Wearing comfortable shoes
- Wearing too many clothes
- Wearing very warm clothes
- Keeping first few walking workouts short
- Doing too much too soon
- Slowly increasing the duration of your walks
- Walking too slowly
- Breathing deeply
- Following the same route over and over
- Having good posture
- Walking to increase your heart rate

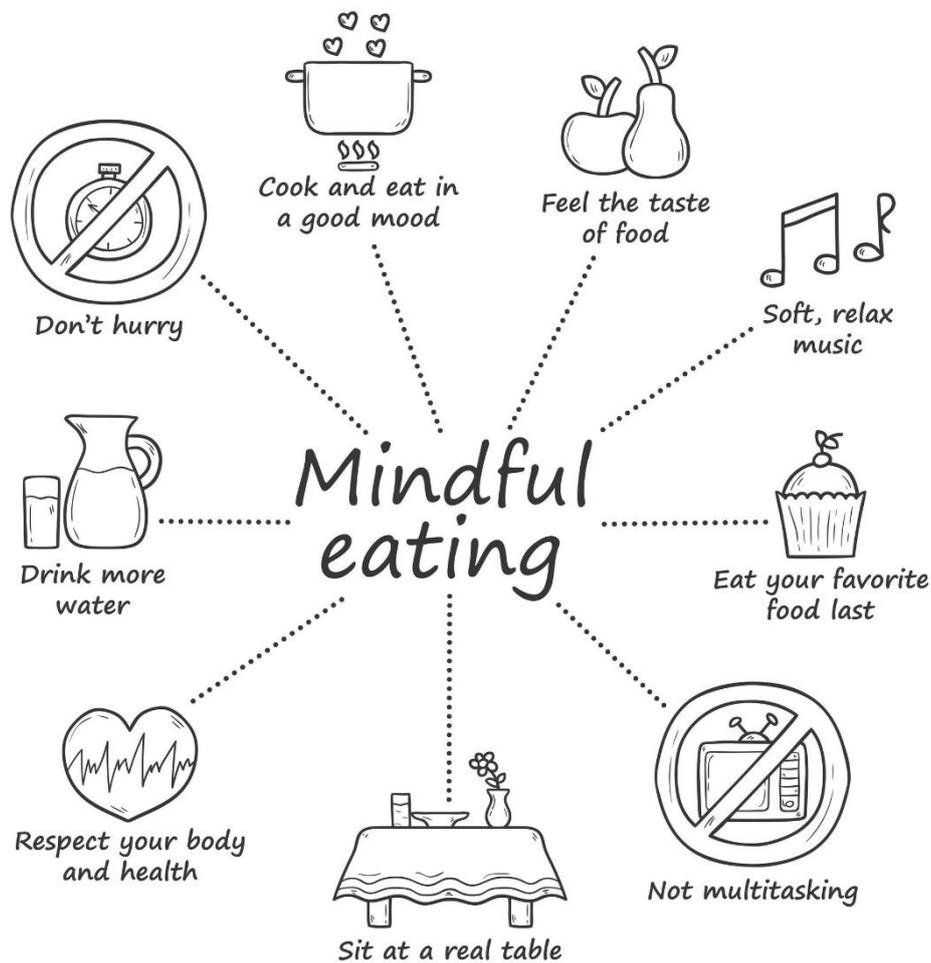
- Look straight forward and hold your head high
- Keeping your shoulders tense
- Walking in nature
- Warming up and cooling down
- Walking on a treadmill only
- Swinging your arms in time with your feet
- Clenching your fists
- Landing on your heels and then rolling through and onto your toes
- Keeping your breathing shallow

Sample

## B. Healthy living

- Eat mindfully.
- When you focus on the food you're eating, you'll recognise you're full much earlier, so you will eat less.
- Focus on the different flavours and textures of the food.
- Appreciate the food that you are eating.

1. Look at the diagram below and discuss healthy living in your group:



Did you take part in the discussion? \_\_\_\_\_

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## C. Other stress soothers

See Appendix 2 for a  
Journal Template.

1. If you are feeling agitated:

- Hit the "Pause" button.

**This means:** leave your phone aside, leave the computer alone, switch off the TV/radio, don't engage in unnecessary conversation, have some quiet time and switch off!

What could you do to hit the 'pause' button?



2. If things are getting you down:

- Accept what is.



**This means:** If you are feeling overwhelmed about finances, high bills, or things you see as 'out of control', then regain control. Own whatever part you have brought to a situation and remind yourself not to do it again! But don't beat yourself up about it. We are responsible, at least partly, for both the good and the bad that happens in our lives. Accepting responsibility means taking control, and that can be soothing! Think of practical ways to deal with it, no matter how uncomfortable it may be.

Name one thing you can learn to accept.

Sample

## A. Dealing with stressful situations



1. Complete the sentences:

**calm, Think, doing, help, plan, life, down, much, stressful**

When you are faced with a stressful situation, it is very easy to worry, be fearful, get stressed and panic. Some stress is good for you but too much can result in you being unable to think straight, inaction and poor performance.

- a) Be well prepared - at work and in your personal \_\_\_\_\_.
- b) Look after yourself. If you are in good mental and physical shape you will be more able to handle a \_\_\_\_\_ situation.
- c) Keep yourself \_\_\_\_\_.
- d) \_\_\_\_\_ positively.
- e) Find out as \_\_\_\_\_ information as possible about the stressful situation so you can have a good understanding.
- f) It is easy to rush into taking action but first of all, make a \_\_\_\_\_ of what you need to do.
- g) Take action as you will feel better when you are \_\_\_\_\_ something to resolve the situation.
- h) Write things \_\_\_\_\_.
- i) Ask for \_\_\_\_\_. You do not have to face problems alone.



See Appendix 1 for a list of Relaxation Techniques.

Sample

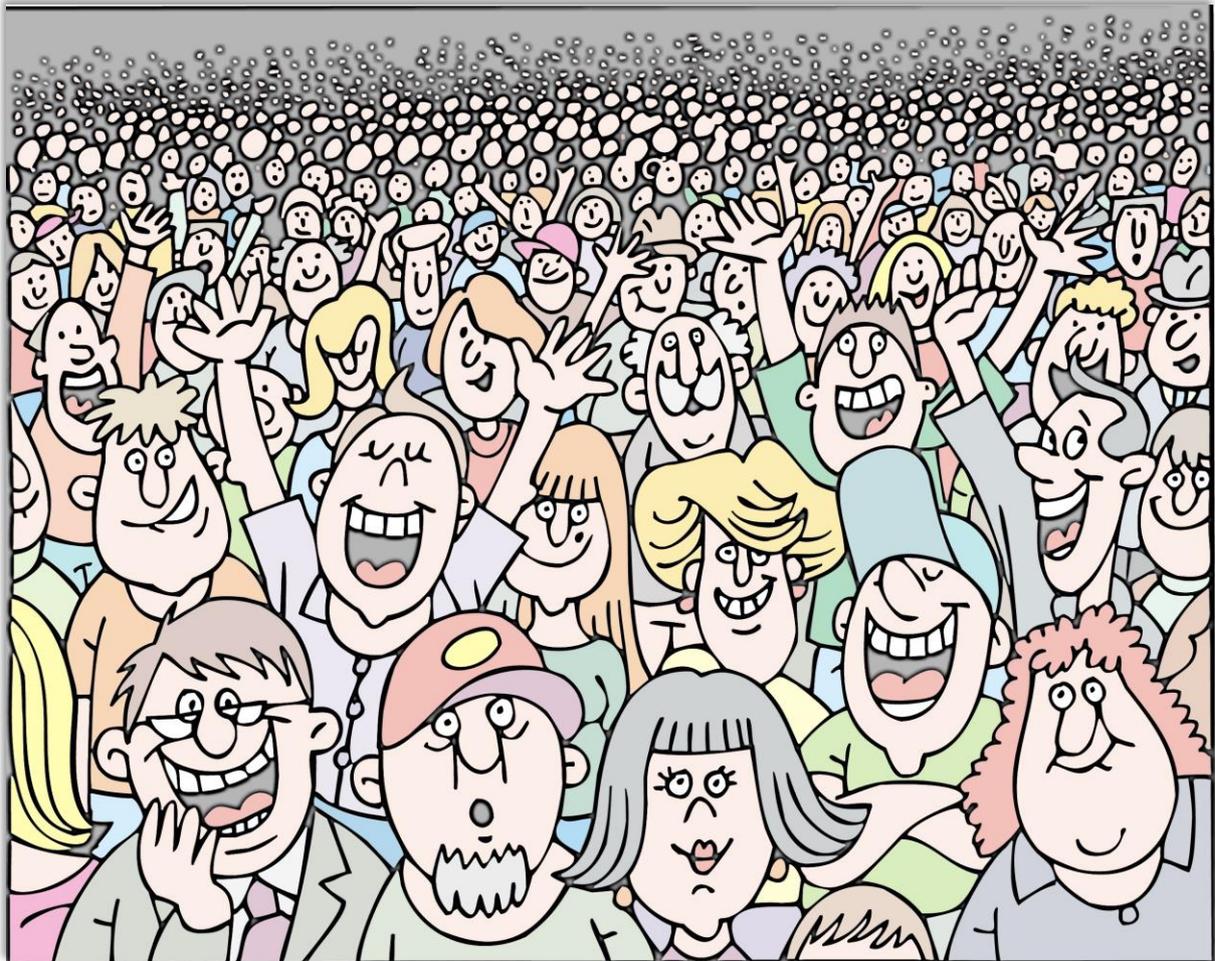
## Mapping of Learning Outcomes

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1. Identify the benefits of relaxation to personal and interpersonal life, their mind, their body their work life and their home life. Page 6 (your health), Pages 7 to 11 (stress in everyday life, symptoms of stress, discussion on how we perceive things), Pages 12 to 22 (benefits of relaxation, e.g. physical and mental health, deep breathing, Tai chi, yoga, meditation, other positive coping methods), Pages 23 and 24 (benefits of sleep)
2. Research and look at a variety of relaxation techniques, breathing exercise, meditation, walking, yoga, and see how they help to relax and calm the mind and the body. Page 26 (different relaxation techniques), Pages 27 to 31 (deep breathing, breathing exercises), Pages 32 to 34 (visualisation), Pages 35 to 36 (muscle relaxation), Pages 37 and 38 (face self-massage), Pages 39 and 40 (walking), Pages 41 to 43 (Tai chi), Pages 44 to 47 (yoga), Pages 49 to 50 (mindfulness meditation), Pages 51 to 52 (body scan meditation), Page 53 (Reiki), Pages 54 to 56 (healthy living), Page 57 (work-life balance), Page 58 (daily schedule), Pages 59 to 67 (other stress soothers)
3. Practice a range of relaxation techniques in real life circumstances, e.g. breathing exercises when under pressure at work or at home. Pages 28 to 31 (breathing exercises), Pages 32 to 34 (visualisation), Pages 35 to 36 (muscle relaxation), Pages 37 and 38 (face self-massage), Pages 39 and 40 (walking), Pages 42 and 43 (Tai chi), Pages 44 to 46 (yoga), Pages 49 to 50 (mindfulness meditation), Pages 51 to 52 (body scan meditation), Pages 54 to 56 (healthy living), Page 58 (daily schedule), Page 66 (stress soothers table)
4. Identify a range of situations in which the ability to relax has been helpful to de-stress and deal with it. Page 69 (life's problems - discussion), Pages 70 to 75 (dealing with stress, solutions to real-life problems, strategies, stress relievers, stress relief kit), Page 84 (Appendix 3: Stress cards)

Sample

5. Evaluate the success in own personal life where using relaxation techniques helped to deal with different situations at home and at work. Pages 76 to 78 (identifying relaxation techniques, identifying successes), Page 81 (Appendix 1: Relaxation techniques checklist), Pages 82 and 83 (Appendix 2: Relaxation techniques journal)



Sample