

## Learning to Relax



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## Objectives

- The stress response
- The effects of stress
- Relaxation techniques
- Now what?



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## The stress response

- Your response to perceived demands and pressures
- Fight or flight response
- "The silent killer"



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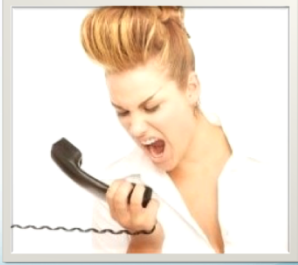
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### The effects of stress

- Mental
- Emotional
- Physical



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### Relaxation techniques

- CIA
- Deep breathing
- Mindfulness
- Visualization and guided imagery
- Meditation
- Yoga



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### CIA

- Check in and adjust
- Check in once an hour
- How are you feeling?
- Do you need to stretch, drink water, take a break....



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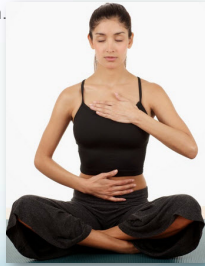
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## Deep breathing

- Sit or lie flat in a comfortable position.
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in through your nose, and let your belly push your hand out. ...
- Breathe out through lips as if you were whistling. ...
- Do this breathing 3 to 10 times.



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## Mindfulness

- Experience the present with all your senses
- Focus on one sense at a time
- Keep being present – no judgment



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## Yoga

- Not just about relaxation
- Teaches you to focus on your breath and body
- Increases flexibility and strength
- Can help clear negative emotions
- Can help switch off the “fight or flight response”



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## One Minute in Paradise Visualization

- Close your eyes and relax in a comfortable position.
- Think back to a time that was relaxing and serene for you.
- Notice the visual details, the sounds, the smells and feelings.
- What did you see, hear and feel there?



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## Summary

- The stress response
- The effects of stress
- Relaxation techniques



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## Now what?

- When you leave here, what will you do differently?



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