

The background features several large, flowing, abstract shapes in shades of light green, light blue, and light purple. Interspersed among these are numerous small, yellow, starburst-like shapes, some pointing towards the center and others towards the corners, creating a bright and cheerful atmosphere.

Relaxation

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Introduction

- Stress is un avoidable- we cannot just rely on prevention techniques
- Reduce stress and tension through techniques that put the body into a relaxed state.
- Works primarily on the mental and the physical dimensions





Understanding Relaxation

- The mind – body process of effectively moving from the stress response to the relaxation response
- Activation of para-sympathetic nervous system (heart rate, secretion of bile, insulin, digestive juices, peripheral b. vessels dilatation)

- Turn off stress response, increase alertness and mental ability and physical energy.
- Canceling arousal of the nervous system, the muscles, and the mind.
- The opposite of the stressed state.





Important points

- A relaxation technique does not work at the same for everyone-practice to identify the techniques that work for you.
- Try each method several times-regular practice produces noticeable results.
- These techniques have been shown to be effective, even if they made seem odd at first.



Benefits of Relaxation

- **Physiologically**

1. slowed heart rate and respiration rate.
2. Reduced blood pressure.
3. Reduced need for oxygen.
4. Reduced muscle tension.
5. Fewer physical symptoms: backache, stomach and head aches.



- **Psychologically**

1. Fewer emotional responses such as anger, frustration.



2. Better concentration.

3. greater ability to handle problems.



A decorative graphic on the left side of the slide features a green balloon at the top, a blue balloon in the middle, and a purple balloon at the bottom, all connected by a yellow streamer. Small yellow triangles are scattered around the balloons.

Unusual sensations

- Tingling و خز or numbness خدر.
- Warmth or coolness.
- Floating or lightheadedness or Heaviness in some people.
- Spinning دوران.
- Pronounced heartbeats



Recommendations

- Practice relaxation 10 -20 minutes each day
- Seclude yourself to avoid interruption.
- Practice technique at the recommended time of day.
- Do not hurry to end the exercise




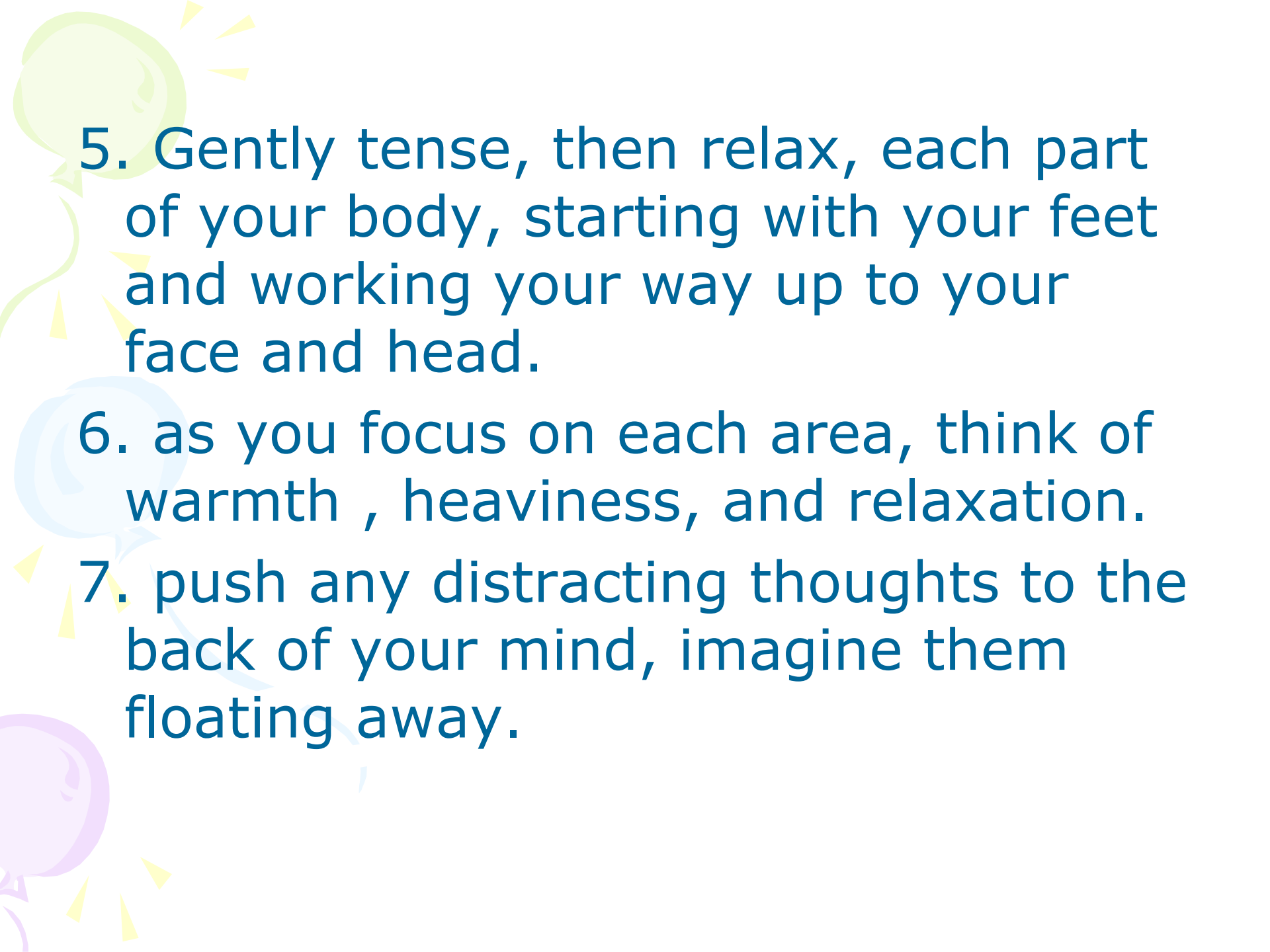
Recommendations

- Minimize background noise.
- Approach each exercise without exception.
- Do not judge a relaxation technique based on what happens while you are doing it.
- It is not necessary to understand why it works to experience the benefits.



A basic relaxation routine

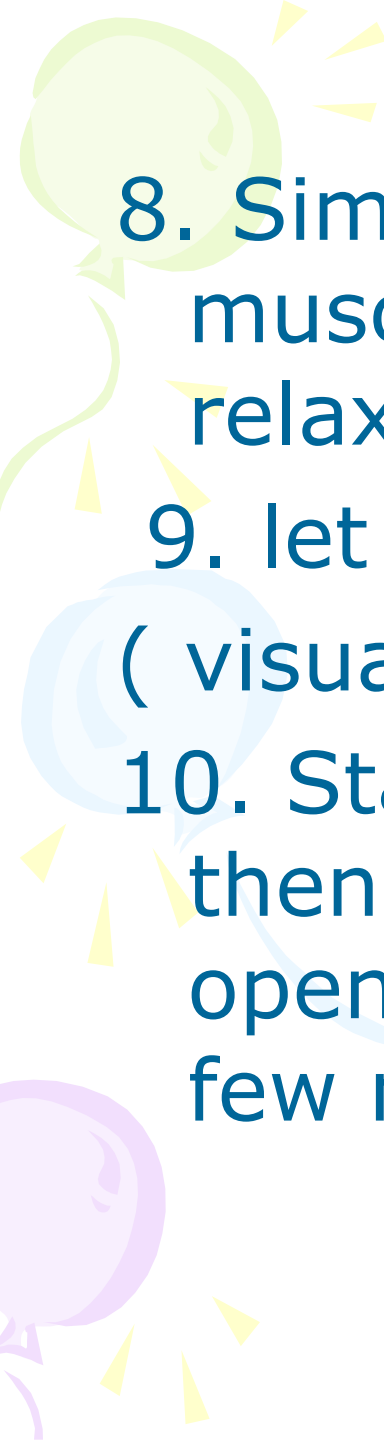
1. Choose a quiet place where you won't be interrupted.
 2. before you start, do a few gentle stretching exercise to relieve muscular tension.
 3. make yourself comfortable, either sitting or lying down.
 4. start to breathe slowly and deeply, in a calm and effortless way.
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5. Gently tense, then relax, each part of your body, starting with your feet and working your way up to your face and head.

6. as you focus on each area, think of warmth , heaviness, and relaxation.

7. push any distracting thoughts to the back of your mind, imagine them floating away.



8. Simply let go of the tension in your muscle and allow them to become relaxed.

9. let your mind go empty
(visualize a calm, beautiful place)

10. Stay like this for about 20 minutes, then take some deep breaths and open your eyes, but stay sitting for a few moments before you get up.

Further relaxation techniques

- Yoga
- Exercise
- Meditation
- Hypnosis
- Massage
- Listening to music





Thanks