

Relaxation Techniques

How to build peace of mind and relaxation

BENEFIT FOR



Anyone who feels

- stressed
- anxious
- low in mood
- pain

For patients

- cancer
- cardiopulmonary
- psychiatric
- Covid-19



PROMOTE

prayer & yoga> slower respiration> increase HRV & decrease BP
meditation & deep breath> calm down> relief mental conditions
progressive muscle relaxation> reduce stress & anxiety> reduce pain
guided imagery> facilitate self-forgiveness> increase self-esteem



BACKGROUND



Research studies show that progressive muscle relaxation (PMR), deep breathing, and visualization are useful practices to facilitate relaxation.

PMR has been proven to lower cortisol levels and reduce muscle tension.

Visualization has been proven to reduce anxiety, lower blood pressure, heart rate, and relieve pain.

Deep breathing is shown to reduce stress, provide mental and physical relaxation, enhance blood flow and oxygenation, and help with stress, pain, and fatigue.

REAL LIFE

Mom-in-Law reduced BP and anxiety by practicing deep breathing

NURSING IMPLICATIONS

Assessment
Therapeutic communication
Rapport and Trust
Patient Education
Demonstration
Being Humorous



Psych 260
Myia Brooks
Sanna Yong
Shuping Chen
Ning Zhou

