

## **Homework – RELAXATION (Stress management training SMT)**

- 1. Do the exercises below alone instructing yourself, or go together in a group and teach one or more of your friends**

### **Application 2**

Focus: Relaxation - Bodyscanning

Content: Five exercises

Time: 10 minutes

#### **Introduction:**

In addition to breathing, relaxation and distraction training have shown significant effects to reduce muscle tension and cognitive distraction from pain situations. The present application takes 10 minutes to perform.

#### **Procedure:**

- This program is carried out while sitting on your chair in your office.
- Please sit in an upright position, keep your back straight.
- If you have high heels, big shoes or boots we recommend you to take them off.
- Keep your feet on the floor. Make sure both soles are touching the floor.
- Please make sure good contact between your thighs, back and the chair.
- Put your hands in your lap with palms up: Relax your fingers, arms and shoulders.
- Hold your head as an extension of your neck – sense the balance of the spine, neck and head.
- I invite you to close your eyes – but if you hesitate, focus a point on the floor a certain distance in front of you.

#### **Exercise 1 Breathing.**

- Be aware of your breath – and how the air goes through your nostrils.
- Focus your breathing. Breathe normally.
- Follow the breath from your nostrils to your belly. Feel the movements in your belly.
- Inhale through your nose – exhale through your mouth.
- Repeat this process at least ten times.

#### **Exercise 2 Body scanning**

- Go on breathing.
- Be aware of your big toe on your left foot.
- Be aware of the other four toes on your left foot.
- Be aware of your left heel, ankle and the whole foot.
- Remember to breathe. Relax your left foot.
- Be aware of your left leg: the shinbone and the calves.
- Be aware of your left knee – the tendons, the bones
- Be aware of your left thigh, front thigh and hamstrings on the back.
- Relax your left leg from thigh to toes.
- Imagine your left hip, where your left leg attach to your body

- Take a deep breath, fill your belly and let the air go the whole way through your left leg and throughout your toes.

### **Exercise 3 Body scanning**

- Go on breathing
- Be aware of your big toe on your right foot.
- Be aware of the other four toes on your right foot.
- Be aware of your right heel, ankle and the whole foot.
- Remember to breathe. Relax your right foot.
- Be aware of your right leg: the shinbone and the calves.
- Be aware of your right knee – the tendons, the bones
- Be aware of your right thigh, front thigh and hamstrings on the back.
- Relax your right leg from thigh to toes.
- Imagine your right hip, where your right leg attach to your body
- Take a deep breath, fill your belly and let the air go the whole way through your right leg and throughout your toes.
- Repeat the breathing through both your legs 3 times.

### **Exercise 3**

- Be aware of your belly – relax in your belly.
- Be aware of all viscera; your stomach, intestines, colon, kidneys, liver, bladder.
- Relax all your viscera.
- Remember to breathe.
- Be aware of your lungs, heart, the big blood vessels – aortic and the veins.
- Relax.
- Inhale and focus the movements of the ribs.
- Exhale
- Be aware of the major muscles in the chest and throat. Relax.
- Be aware of the major muscles in your lower back, upper back and neck.
- Relax in the major muscles.
- Take a deep breath and let the air go through your throat, lungs, chest, belly and both legs.
- Repeat 3-5 times.
- Take a deep breath and let the air go through your neck, upper back, lower back and out
- Repeat 3-5 times
- Be aware of the muscles of the scalp. Relax.
- Be aware of the muscles in the forehead. Relax forehead.
- Be aware for the tiny muscles around your eyes. Relax eyelids.
- Be aware of muscles in the cheeks and jaw.
- Relax.
- Focus your “breathing anchor”.
- Inhale and exhale.
- Feel this relaxation process in your entire body.

### **Exit**

- When you are ready for it, please turn your attention back to your working situation
- Start with moving your fingers and toes
- Open your eyes
- Stretch your arms above your head