

RELAXATION

CAN IT HELP ?

FIGHT, FLIGHT & FREEZE

Our fight, flight or freeze response is a protective mechanism that we have needed to survive. When we were cavemen and women, we would need to react if we saw a lion. Our flight, fight or freeze response would kick in so we could run away, fight the lion, or play dead. Feeling anxious or stressed is our body's natural response to feeling threatened. It is an alarm system which helps us deal with danger.



WE UNDERSTAND

Here at Wellbeing we understand that some people experience more worry and anxiety than what is considered "normal".

This is completely understandable and a normal reaction to stressful and unusual situations. Due to varying stressors you may be experiencing loss of hobbies, as well as time socialising with family and friends, which may ordinarily help you cope with stress and anxiety.

WHAT HAPPENS?

FIGHT / FLIGHT / FREEZE

Our breathing rate increases, as does our blood pressure, heart rate, muscle tension, sweating, state of mental arousal and adrenaline flow. A lot of the time, we do not need those survival responses, so relaxation helps to decrease that adrenaline response, to let it go.

RELAXATION

'TAKE A DEEP BREATH . . . INHALE PEACE,
EXHALE HAPPINESS'

BREATHING

Step 1

Sit or lie down in a comfortable position on a flat surface.

Step 2

Sit up straight and pull your shoulders back to relax them.

Step 3

Put one hand on your chest and one hand on your stomach.

Step 4

Breathe in through your nose for about two seconds.

Step 5

Purse your lips, press gently on your stomach, and exhale.

Step 6

Repeat these steps several times for the best results.



BENEFITS

Reduces tiredness – you can manage everyday life without excessive tension.

Improves performance in work, sport or music can be raised through self-awareness and control of tension.

Reduces pain – pain can occur as a result of tension e.g. headaches and backache. Relaxation can help you to cope by raising your pain threshold and reducing the amount of pain.

Coping with stress – relaxation helps you to reduce the effects of stress and to breathe effectively.

Improves sleep – by allowing you to be calm and peaceful.

Improves self-confidence by increasing your self-awareness and ability to cope with daily life.

Improves personal relationships. it is easier to relate well to other people when you are relaxed and self-confident.

TECHNIQUES TO TRY

VISUAL RELAXATION

Visualisation or imagery is a useful relaxation tool. Get yourself into a comfortable position and focus on your breathing. Close your eyes and pay attention to areas of tension in your body, releasing this tension on your out breath. Try to engage all your senses in this exercise.



SAFE PLACE

Imagine a place where you can feel calm, peaceful and safe. It may be a place you've been to before, somewhere you've dreamt about going to, or maybe somewhere you've seen in a picture.

Focus on the colours in your safe place.

Try to notice the sounds that are around you. Or maybe your safe place is silent.

Pay attention to the smells you notice there.

Focus on any sensations – the earth beneath you, the temperature, the breeze and the air, anything else you can touch.

While you're in your safe place, you might choose to give it a name, whether one word or phrase that you can use to bring that image back, anytime you need to.

You can choose to stay there a while, just enjoying the peacefulness. You can leave whenever you want to, just by opening your eyes and being aware of where you are now.

PROGRESSIVE MUSCLE RELAXATION

'A relaxation technique that involves tensing and then relaxing your muscles, one by one'

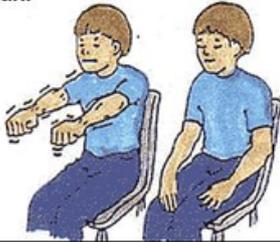
1. Sit on a chair.



2. Scrunch your face.
Count to 3.
1,2,3...
Take a deep breath.
Relax.



3. Tense your arms
Count to 3
1,2,3..
Take a deep breath
and relax.



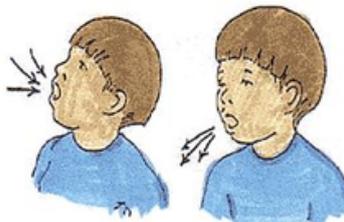
4. Tense your arms and shoulders.
Count to 3.
1,2,3...
Take a deep breath.
Relax.



5. Tense your legs.
Count to 3.
1,2,3...
Take a deep breath.
Relax.



6. Breathe in relaxation
breathe out tension.



If you have a G.P. in the Southside of Glasgow you can refer to us for treatment.

You can do this yourself by visiting our "Virtual Courses" webpage or by phoning us.

We also accept written referrals from G.P.'s, CMHT's and external/internal agencies.

wellbeing
services south Glasgow

At Wellbeing Services we offer a variety of self-help materials and interventions. If your G.P. is not registered within the Southside of Glasgow don't worry as anyone can download the self-help materials. If you feel you need further support please get in touch with your G.P.