



FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

Estd 1864

Lahore- Pakistan



Campus Counseling Center

Relaxation Exercise

“No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you'd be more productive.”

Dr. Joyce Brothers

Life demands you to be active and conscientious; the workload and time pressure can be too much for you to deal with at times, and that is when relaxation is needed. In a stressful situation you should discover a healthy way to relax. Understand that you need to slow down at times, and relax. This will only add to how productive one can be. There are many approaches to relaxing; none is "right" for everyone - it is more a matter of finding an approach that makes sense and works for you.

Here are some tips that people generally find useful to relax. Try them as you discover a technique that works best for you. For all of these exercises, it is best to be seated in a calm and peaceful environment, with your eyes closed and your hands in your lap. Begin each exercise with gentle breathing.

Tense & Relax Muscles

In this method you start tensing different muscles of the body followed by relaxing them.

1) Hands

- You might have noticed your hands tensing or yourself holding on to something tightly as you get nervous or anxious.
- Try spreading your fingers out, and let your hands be straight for a moment.
- Make a fist with your right hand and bring tension in the muscles of right forearm.
- Feel the vibrations of tension and compare it with the rest of the relaxed muscles.
- When you are unable to bear the tension, take a long deep breath in, and, as you breathe out, gradually release all of the tension.
- Repeat it for few moments feeling and appreciating the sensations in the muscles until they are relaxed. Repeat this with your left fist and forearm.



2) Shoulders

- When tense, we tend to have our shoulders raised. Instead, pull them down.
- For shoulders you need to uplift your right shoulder first, pin your right upper arm to the side of your body, and start tensing the muscles in the right upper arm and shoulder.
- And once you have created the tension repeat the same steps you had for relaxing the muscles in previous step.



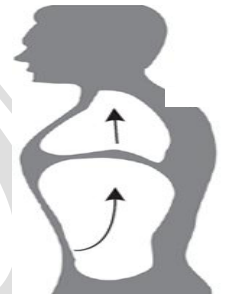
3) Legs

- You need to extend your leg and bend your right foot up at an angle, making the muscle of ankles tense.
- And once you have created the tension repeat the same steps you had for relaxing the muscles in previous step.



4) Abdomen

- In stress we also tense our stomach muscles and to relax them you need to suck in your abdomen, and at the same time push little of your back against the chair.
- And once you have created the tension repeat the same steps you had for relaxing the muscles in previous step.



5) Ideal Spot

- Imagine an ideal spot that would help you relax. It could be a place, the sky, a relaxing view or could even be a picture.
- Be creative! Think of something pleasant and enjoy it.
- If you are distracted, gently guide your thoughts back into the imagined scene, and let it take over your awareness.
- Enjoy for some time and gently come back to reality. Use this technique to relax yourself, not as an avoidance of the current situation.



For further information contact:

Campus Counseling Center, First floor, Mercy Health Center.

[Tel:--+92-42-99231581-8](tel:+92-42-99231581-8) Ext: 354

Cell: 0331-444-1518