

Sometimes I sits and thinks, and sometimes I just sits.

Satchel Paige

RELAXATION

MODULE 8

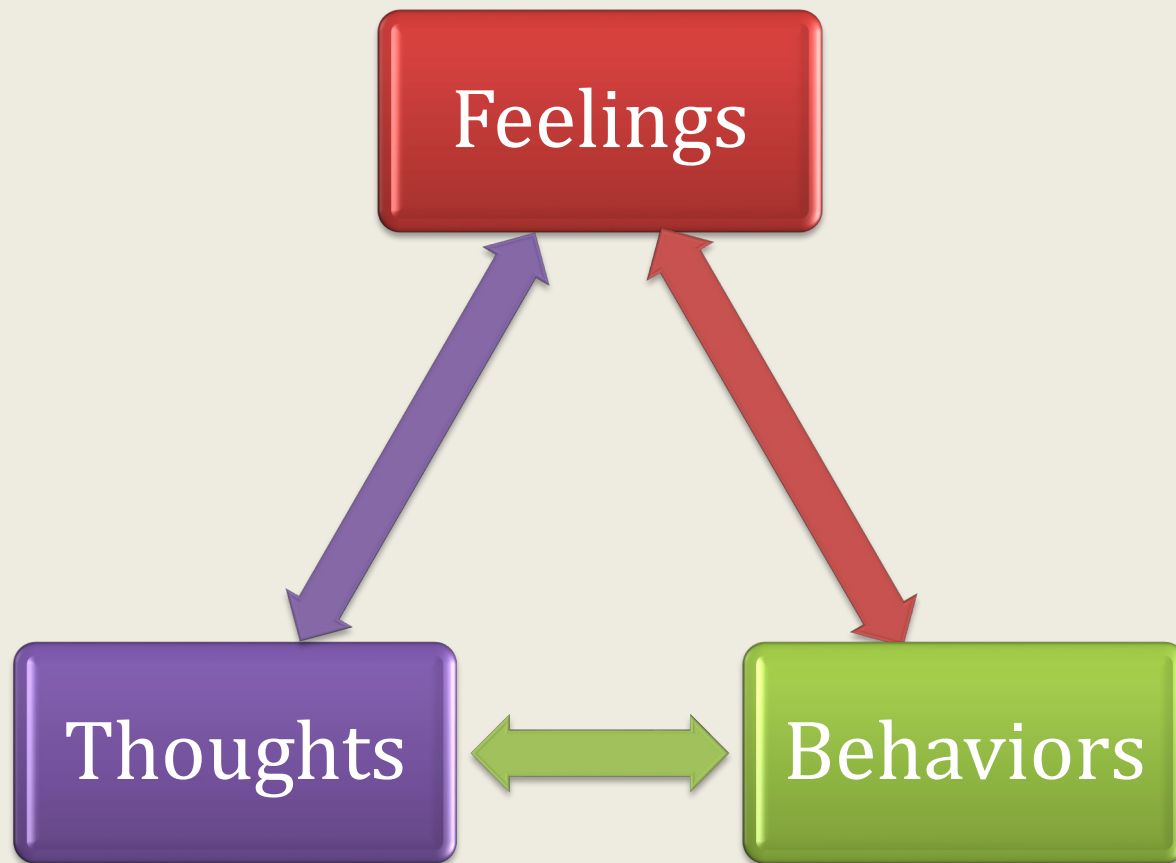
Simple Relaxation Strategies

- Pleasant Activity Scheduling
- Breathing Techniques
- Humor

Engage in Pleasant Activities

- Activities should be:
 - Active
 - Social
 - Inexpensive
 - Not harmful

Pleasant Activities



Scheduling Pleasant Activities

- Doing fun things provides balance in our lives
- Pleasant Activities make us healthy
- We are social animals, some need to be with people more than others, but we all need it now and then
- You may need to schedule the activities into your daily/weekly schedule to make sure you follow through

Slow (Tactical) Breathing

- A style of breathing that reduces physical tension and anxiety.
- When anxious, people often breathe faster and take in more oxygen (in preparation for fight or flight). However, if we are not under threat, what we really need to do is take in less oxygen and slow down our breathing.
- Practice the breathing so that it comes naturally when under stress.

Slow Breathing Instructions

- Get into a comfortable position
- Take a normal breath in through your nose
- Exhale slowly through your nose or mouth
- Optional:
 - When exhaling say CALM, RELAX, or EXHALE
 - Count to 4 then take next breath
- Practice several times a day, 10-15 times at each practice

Humor

- Humor helps to distance ourselves from difficult circumstances
- Humor also fosters:
 - Group cohesion
 - Social support
 - Ensure that personnel can act effectively

The Type of Humor Matters

- Maladaptive Humor – aggressive/putting down self or others
- Self-enhancing humor – the ability to take and maintain a humorous perspective on life
 - Having a good-natured attitude toward life
 - The ability to laugh at yourself or your circumstances
 - Constructive, non-detrimental
- Affiliative humor (Insider humor)
 - Enhances relationships
 - Reduce conflict
 - Increases group morale
 - Decreases interpersonal tensions

Using Humor to Cope

Those with higher coping humor displayed:

- More positive emotion
- Greater motivation
- More effort in completing a task

- Did you hear about the guy who lost his whole left side?
- He's all right now!...

