

# Stress and Anxiety Reducers

## The relaxation response

You can't avoid all stress, but you can counteract its negative effects by learning how to evoke the *relaxation response*, a state of deep rest that is the polar opposite of the stress response.

The stress response floods your body with chemicals that prepare you for "fight or flight." But while the stress response is helpful in true emergency situations where you must be alert, it wears your body down when constantly activated.

The relaxation response brings your system back into balance: deepening your breathing, reducing stress hormones, slowing down your heart rate and blood pressure, and relaxing your muscles.

In addition to its calming physical effects, research shows that the relaxation response also increases energy and focus, combats illness, relieves aches and pains, heightens problem-solving abilities, and boosts motivation and productivity. Best of all – with a little practice – anyone can reap these benefits.

## Starting a relaxation practice

A variety of relaxation techniques help you achieve the relaxation response. Those whose stress-busting benefits have been widely studied include deep breathing, progressive muscle relaxation, meditation, visualization, yoga, and tai chi.

Learning the basics of these relaxation techniques isn't difficult. But it takes practice to truly harness their stress-relieving power: daily practice, in fact. Most stress experts recommend setting aside at least 10 to 20 minutes a day for your relaxation practice. If you'd like to get even more stress relief, aim for 30 minutes to an hour.

## Getting the most out of your relaxation practice

**Set aside time in your daily schedule.** The best way to start and maintain a relaxation practice is by incorporating it into your daily routine. Schedule a set time either once or twice a day for your practice. You may find that it's easier to stick with your practice if you do it first thing in the morning, before other tasks and responsibilities get in the way.

**Don't practice when you're sleepy.** These techniques can relax you so much that they can make you very sleepy, especially if it's close to bedtime. You will get the most out of these techniques if you practice when you're fully awake and alert.

**Choose a technique that appeals to you.** There is no single relaxation technique that is best. When choosing a relaxation technique, consider your specific needs, preferences, and fitness level. The right relaxation technique is the one that resonates with you and fits your lifestyle.

## Do you need alone time or social stimulation?

If you crave solitude, solo relaxation techniques such as meditation or progressive muscle relaxation will give you the time to quiet your mind and recharge your batteries. If you crave social interaction, a

class setting will give you the stimulation and support you're looking for. Practicing with others may also help you stay motivated.

## Deep breathing for stress relief

With its focus on full, cleansing breaths, deep breathing is a simple, yet powerful, relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Deep breathing is the cornerstone of many other relaxation practices, too, and can be combined with other relaxing elements such as aromatherapy and music. All you really need is a few minutes and a place to stretch out.

### How to practice deep breathing

The key to deep breathing is to breathe deeply from the abdomen, getting as much fresh air as possible in your lungs. When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel. So the next time you feel stressed, take a minute to slow down and breathe deeply:

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little. Try to breathe in for a count of 5.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little. Exhale for a count of 5-7.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.
- Keep your focus on the air, your body and what it feels like to be breathing. If your mind wanders gently notice that it has wandered and bring it back to focus on your breath.

If you have a hard time breathing from your abdomen while sitting up, try lying on the floor. Put a small book on your stomach, and try to breathe so that the book rises as you inhale and falls as you exhale.

## Progressive muscle relaxation for stress relief

Progressive muscle relaxation is another effective and widely used strategy for stress relief. It involves a two-step process in which you systematically tense and relax different muscle groups in the body.

With regular practice, progressive muscle relaxation gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of the body. This awareness helps you spot and counteract the first signs of the muscular tension that accompanies stress. And as your body relaxes, so will your mind. You can combine deep breathing with progressive muscle relaxation for an additional level of relief from stress.

### Progressive Muscle Relaxation Sequence

- Right foot

- Left foot
- Right calf
- Left calf
- Right thigh
- Left thigh
- Hips and buttocks
- Stomach
- Chest
- Back
- Right arm and hand
- Left arm and hand
- Neck and shoulders
- Face

Most progressive muscle relaxation practitioners start at the feet and work their way up to the face. You may want to combine and do both sides of the muscle group at the same time (both feet at one time, both calves at one time, etc.)

- Loosen your clothing, take off your shoes, and get comfortable.
- Take a few minutes to relax, breathing in and out in slow, deep breaths.
- When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels.
- Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10.
- Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes limp and loose.
- Stay in this relaxed state for a moment, breathing deeply and slowly.
- When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release.
- Move slowly up through your body — legs, abdomen, back, neck, face — contracting and relaxing the muscle groups as you go.

## Mindfulness meditation for stress relief

Meditation that cultivates *mindfulness* is particularly effective at reducing stress, anxiety, depression, and other negative emotions. Mindfulness is the quality of being fully engaged in the present moment, without analyzing or otherwise “over-thinking” the experience. Rather than worrying about the future or dwelling on the past, mindfulness meditation switches the focus to what’s happening right now.

For stress relief, try the following mindfulness meditation techniques:

- **Body scan** – Body scanning cultivates mindfulness by focusing your attention on various parts of your body. Like progressive muscle relaxation, you start with your feet and work your way up. However, instead of tensing and relaxing your muscles, you simply focus on the way each part of your body feels without labeling the sensations as either “good” or “bad”.
- **Walking meditation** - You don't have to be seated or still to meditate. In walking meditation, mindfulness involves being focused on the physicality of each step — the sensation of your feet touching the ground, the rhythm of your breath while moving, and feeling the wind against your face.
- **Mindful eating** – If you reach for food when you're under stress or gulp your meals down in a rush, try eating mindfully. Sit down at the table and focus your full attention on the meal (no

TV, newspapers, or eating on the run). Eat slowly, taking the time to fully enjoy and concentrate on each bite.

Mindfulness meditation is not equal to zoning out. It takes effort to maintain your concentration and to bring it back to the present moment when your mind wanders or you start to drift off. But with regular practice, mindfulness meditation actually changes the brain – strengthening the areas associated with joy and relaxation, and weakening those involved in negativity and stress.

## Starting a meditation practice

All you need to start meditating are:

- **A quiet environment.** Choose a secluded place in your home, office, garden, place of worship, or in the great outdoors where you can relax without distractions or interruptions.
- **A comfortable position.** Get comfortable, but avoid lying down as this may lead to you falling asleep. Sit up with your spine straight, either in a chair or on the floor. You can also try a cross-legged or lotus position.
- **A point of focus.** Pick a meaningful word or phrase and repeat it throughout your session. You may also choose to focus on an object in your surroundings to enhance your concentration, or alternately, you can close your eyes.
- **An observant, noncritical attitude.** Don't worry about distracting thoughts that go through your mind or about how well you're doing. If thoughts intrude during your relaxation session, don't fight them. Instead, gently turn your attention back to your point of focus.
- **UCLA has a web site with free guided meditations which can be downloaded or listened to from their website:** <http://marc.ucla.edu/body.cfm?id=22>

## Guided imagery for stress relief

Visualization, or *guided imagery*, is a variation on traditional meditation that can help relieve stress. When used as a relaxation technique, guided imagery involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety. Choose whatever setting is most calming to you (can be real or imagined or combination), whether a tropical beach, a favorite childhood spot, or a quiet wooded glen. You can do this visualization exercise on your own, with a therapist's help, or using an audio recording.

Close your eyes and let your worries drift away. Imagine your restful place. Picture it as vividly as you can—everything you can see, hear, smell, and feel. Guided imagery works best if you incorporate as many sensory details as possible. For example, if you are thinking about a dock on a quiet lake:

- **See** the sun setting over the water
- **Hear** the birds singing
- **Smell** the pine trees
- **Feel** the cool water on your bare feet
- **Taste** the fresh, clean air

## Yoga for stress relief

Yoga is an excellent stress relief technique. It involves a series of both moving and stationary poses, combined with deep breathing. The physical and mental benefits of yoga provide a natural counterbalance to stress, and strengthen the relaxation response in your daily life.

## What type of yoga is best for stress?

Although almost all yoga classes end in a relaxation pose, classes that emphasize slow, steady movement and gentle stretching are best for stress relief. Look for labels like *gentle*, *for stress relief*, or *for beginners*. Power yoga, with its intense poses and focus on fitness, is not the best choice. If you're unsure whether a specific yoga class is appropriate for stress relief, call the studio or ask the teacher.

Since injuries can happen when yoga is practiced incorrectly, it's best to learn by attending group classes or hiring a private teacher. Once you've learned the basics, you can practice alone or with others, tailoring your practice as you see fit.

### Tips for starting a yoga practice:

- **Consider your fitness level and any medical issues before joining a yoga class.** There are many yoga classes for different needs, such as prenatal yoga, yoga for seniors, and adaptive yoga (modified yoga for disabilities). "Hot" or Bikram yoga, which is practiced in a heated environment, might be too much if you are just starting out.
- **Look for a low-pressure environment where you can learn at your own pace.** Don't extend yourself beyond what feels comfortable, and always back off of a pose at the first sign of pain. A good teacher can show you alternate poses for ones that are too challenging for your health or fitness level.

Taken from: [http://helpguide.org/mental/stress\\_relief\\_meditation\\_yoga\\_relaxation.htm](http://helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm)

Participating in fun activities that allow you to fill your tank, rejuvenate and let go of built up emotions. Below is a list of suggestions, add or subtract ideas which work for you.

## De-escalators

### In the moment

- Counting backwards from 100 by 7s
- Name and count various objects around you, such as how many "h"s do you count on a sign or how many chairs are there in the room.
- Pick a color; focus on finding that color all over the room
- Deep breathing exercise
- Progressive muscle relaxation
- Put a piece of dark chocolate in your mouth, allowing it to melt-concentrate on flavor, texture, scent, etc-staying totally focused on the experience
- Pick a small object such as a shell, bottle cap or coin, hyper focus on the item in your hand. What does it feel like, how does it change as your fingers move around it? What do you notice about it?
- Visualize yourself under the surface of a lake or ocean and you are looking up to see the waves and the raging storm above. Notice what you see, feel and

experience as the “storm” of emotions are above you and you have this distant view.

- Visualize the emotion being energy in your body, where is it? Once you have located it, visualize it as a rotating funnel, which way is it rotating? Once you see which way it is rotating, visualize the funnel changing directions and going the opposite direction.
- Visualize a peaceful beautiful scene, examines every minute detail-smell, air, sounds, look, textures
- Focus on the details of the room or environment you are in. Pay attention to the minute details as though you would be tested to see how much you can remember. How many books are around you? How many colors do you see? What does it smell like? How many objects are there?
- Aroma therapy-have a candle or scent that is relaxing to you. When you need to deescalate take a few minutes to deep breath and to focus on the scent.
- Go for a brisk walk or run in place to expend the emotional energy.

### Relaxation activities

- Foot massage
- Meditation, prayer
- Dance around the room
- Yoga
- Bubble bath
- Relaxing music
- Coloring (in a coloring book, on a blank piece of paper or a mandala)
- Paraffin wax treatment
- Play with your pet
- Get a manicure or pedicure
- Read something funny, listen to jokes or watch a funny movie
- Stop and watch a sunset or sunrise
- Visit a museum
- Do a puzzle
- Read an inspirational book
- Make a gratitude list or read a gratitude list
- “Business” card, with affirmation written on it to be carried around to combat negative self-talk
- Journaling
- Calling a friend or talking to someone you trust