



INTEGRATED CARE DC

EVIDENCE-BASED TREATMENT

PRESENTED BY:

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The Integrated Care Technical Assistance Program (ICTA) is managed by the DC Department of Health Care Finance (DHCF) in partnership with the DC Department of Behavioral Health (DBH). This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$4,616,075.00 with 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, or an endorsement by, CMS/HHS, or the U.S. Government.

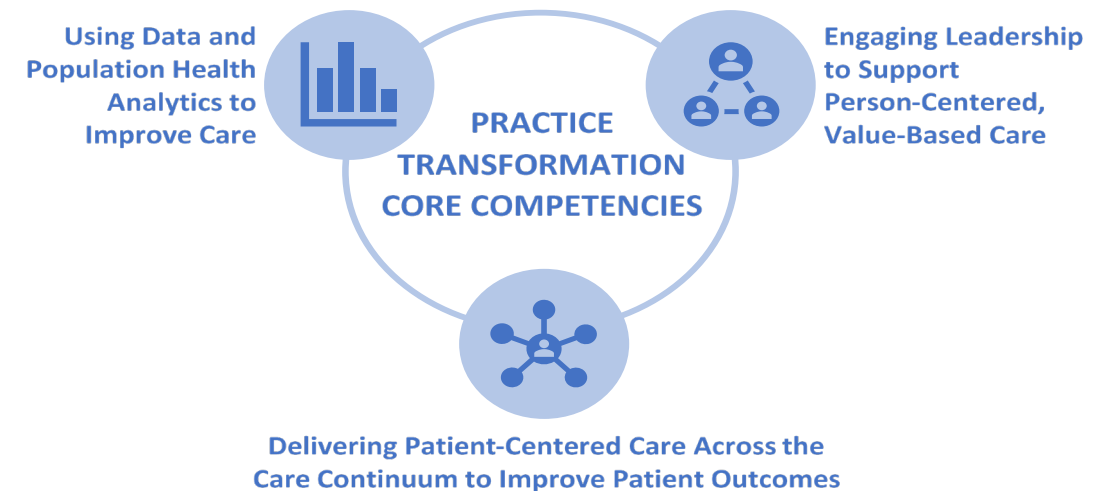
WHAT IS THE INTEGRATED CARE DC PROGRAM?



INTEGRATED CARE DC

- >> Integrated Care DC is a five-year program aimed to enhance Medicaid providers' capacity and core competencies to deliver whole person care for physical, behavioral health, SUD and social needs of beneficiaries.
- >> Integrated Care DC is managed by the DC Department of Health Care Finance (DHCF) in partnership with the DC Department of Behavioral Health (DBH). Health Management Associates will provide the training and technical assistance.

The goal is to improve care and Medicaid beneficiary outcomes within three practice transformation core competencies:



- » The program offers several components of coaching and training. Material is presented in various formats. The content is created and delivered by HMA subject matter experts with provider spotlights.
- » All material is available on the project website: [Integratedcaredc.com](https://integratedcaredc.com)
- » Educational credit is offered at no cost to attendees for select elements.



PRESENTERS



INTEGRATED CARE DC



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1. Demonstrate diaphragmatic breathing
2. Summarize components of
 - a) Progressive muscle relaxation
 - b) Guided Imagery
 - c) Mindfulness-based Stress Reduction



Image permitted by DC Department of Health Care Finance

- » Have you ever been trained to do
1. Diaphragmatic Breathing
 2. Progressive Muscle Relaxation
 3. Guided Imagery
 4. Mindfulness-based Stress Reduction

» For those of you who have been trained to do relaxation techniques, have you ever taught patients to do

1. Diaphragmatic Breathing
2. Progressive Muscle Relaxation
3. Guided Imagery
4. Mindfulness-based Stress Reduction

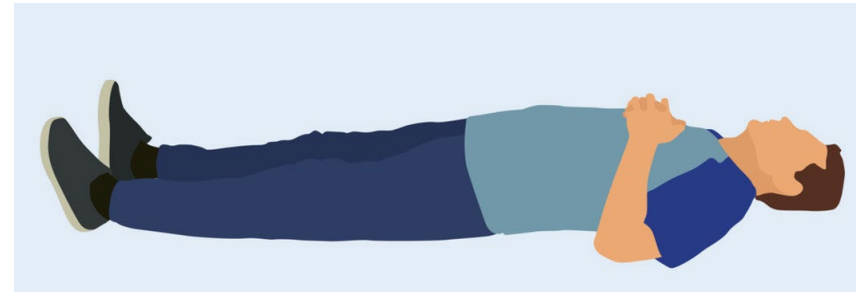
- >> Find a quiet space
- >> Put your do not disturb sign up
- >> Wear comfortable clothes
- >> Consider taking off your shoes
- >> Sit or lie down, whichever the patient wants
- >> Close your eyes, if the patient wants
- >> When teaching techniques
 - Have an introduction
 - Get comfortable in your chair, feet on the ground, hands by your side, close your eyes, take a few deep breaths
 - Have an exit
 - Take a deep breath, feel the floor below your feet and your back, when you are ready open your eyes
 - Have practiced this, aloud, with someone other than a patient before doing this with patients

Relaxation techniques are: skills that can be taught & new skills need practice to be mastered



>> Key Principles

- >> Slow your breathing
- >> Expand your abdomen
- >> Number of seconds you breath in or breath out may vary
- >> Breathing in & out through the mouth (pursed lips or not) vs. nose will vary



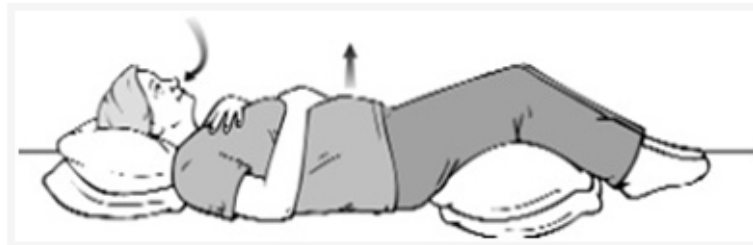
DIAPHRAGMATIC BREATHING

Diaphragmatic breathing technique

Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.



Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.



Source: Cleveland Clinic
<https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips (see "[Pursed Lip Breathing Technique](#)"). The hand on your upper chest must remain as still as possible.



When you first learn the diaphragmatic breathing technique, it may be easier for you to follow the instructions lying down, as shown above. As you gain more practice, you can try the diaphragmatic breathing technique while sitting in a chair, as shown below.

To perform this exercise while sitting in a chair:

1. Sit comfortably, with your knees bent and your shoulders, head and neck relaxed.
2. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
3. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.

Diaphragmatic breathing instructions (**PDF**), University of Georgia

https://www.psychology.uga.edu/sites/default/files/CVs/Clinic_Diaphragmatic_Breathing.pdf

Belly breathing instructions for children with tips and **downloadable worksheets**, Very Special Tales, websites for parents of children with special needs

<https://veryspecialtales.com/belly-breathing-kids-diaphragmatic-breathing/>

Belly breathing **video** for children, Nemours Children's Health System

<https://veryspecialtales.com/belly-breathing-kids-diaphragmatic-breathing/>

Diaphragmatic breathing **video** with explanation and demonstration, UCLA Integrative Digestive Health and Wellness Program

<https://www.youtube.com/watch?v=g2wo2Impnfg>

- >> Start at one end of the body or the other
- >> Alternatingly tense and relax muscle groups
- >> The smaller the muscle groups the more intense the relaxation
 - Tensing your entire leg at one time is not as effective as tensing the quadriceps, gluteus, calf and shin separately
- >> Sometimes it is helpful to demonstrate how to contract/ tense a certain muscle group

- >> This script is designed to be read out loud by the leader of this exercise. If you are planning to practice alone, read through the script ahead of time to become familiar with the content and process. The reading of the script will be difficult during the practice of Progressive Muscle Relaxation (PMR), but exact adherence to the script is not necessary. Once you are familiar with the exercise, feel free to modify it to fit your specific needs and comforts.
- >> Find yourself a quiet place to relax, a place where you feel safe and are least likely to be disturbed by the sounds or presence of others. This is your time...a time for complete and utter relaxation.
- >> For this relaxation, you can either sit or lie down. Just make sure that you are warm enough, and that you are reasonably comfortable. Let your hands rest loosely in your lap, or by your side. Now close your eyes.
- >> Become aware of your breathing, and notice how your abdomen rises and falls with each breath...
- >> Now take a long slow deep breath in through your nose, all the way down into your stomach. Hold the breath for just a moment, and then exhale through your mouth. Allow your breath to carry away all stress and tension as the air floods out of your lungs.

PROGRESSIVE MUSCLE RELAXATION SCRIPT (CONT'D)



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- >> Take another slow breath in through your nose. Fill your lungs completely. Hold it for a moment...and release the breath through your mouth. Empty your lungs completely.
- >> Take a third deep breath in. Hold it for a moment, and then let it go.
- >> Feel that your body has already undergone a change. The tension in your body has begun to loosen and subside.
- >> Now let your breathing rhythm return to normal...and relax....
- >> During this relaxation, I will ask you to tense various muscles throughout your body. Please do this without straining. You do not need to exert yourself, just contract each muscle firmly but gently as you breathe in. If you feel uncomfortable at any time, you can simply relax and breathe normally.
- >> Bring your awareness to your feet and toes. Breathe in deeply through your nose, and as you do, gradually curl your toes down and tense the muscles in the soles of your feet. Hold your breath for just a few seconds and then release the muscles in your feet as you breathe out. Feel the tension in your feet wash away as you exhale. Notice how different your feet feel when tensed and when they are relaxed.
- >> Take another deep breath in again, tense the muscles in the soles of your feet and hold this position for a few seconds.
- >> Now release. Feel yourself relaxing more and more deeply with each breath. Your whole body is becoming heavier, softer and more relaxed as each moment passes.

PROGRESSIVE MUSCLE RELAXATION SCRIPT (CONT'D)



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- >> Take a deep breath in and tense the muscles in your thighs. Hold for just a moment, and then release everything. As you do this, the blood flow to your muscles increases, and you may notice a warm tingling sensation. Enjoy this feeling of soothing relaxation in your thighs.
- >> Again, breathe in deeply and tighten your thigh muscles. Hold for a moment. Now release. Focus on letting your muscles go limp and loose.
- >> Draw in a nice deep breath and gradually tighten the muscles in your buttocks. Hold this contraction for a few seconds, and then release your breath. Feel the tension leaving your muscles. Feel them relaxing completely.
- >> Once more, breathe in deeply and tighten the muscles in your buttocks. Hold for a moment. Now release them. You are becoming more and more deeply relaxed.
- >> Take another breath, and this time, gradually tighten all the muscles in your legs, from your feet to your buttocks. Do this in whatever way feels natural and comfortable to you. Hold it...and now release all these large strong muscles. Enjoy the sensation of release as you become even more deeply relaxed.
- >> Now bring your awareness to your stomach. Draw in a nice deep breath and then tighten these muscles. Imagine you are trying to touch your belly button to your spine. Now release your breath and let your muscles relax. Notice the sensation of relief that comes from letting go.
- >> Once again, draw in a deep breath and then tighten your stomach muscles. Hold for a few seconds... and then let them relax as you exhale and release all tension.

PROGRESSIVE MUSCLE RELAXATION SCRIPT (CONT'D)



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- >> Bring your awareness to the muscles in your back. As you slowly breathe in, arch your back slightly and tighten these muscles.... Now release your breath and let your muscles relax.
- >> Again, draw in a deep breath and then tighten your back muscles. Hold for a few seconds...and then let them relax and release.
- >> Now give your attention to your shoulder muscles and the muscles in your neck. As you slowly draw in a nice deep breath, pull your shoulders up towards your ears and squeeze these muscles firmly. Now breathe out completely and allow your contracted muscles to go loose and limp.
- >> Again, pull your shoulders up towards your ears and squeeze these muscles firmly.
- >> Now feel the tension subside as you relax and breathe out.
- >> Feel the heaviness in your body now. Enjoy the feeling. Feel yourself becoming heavier and heavier. Feel yourself becoming more and more deeply relaxed. You are calm, secure, and at peace.
- >> Now it's time to let go of all the tension in your arms and hands. Let's start with your upper arms. As you breathe in, raise your wrists towards your shoulders and tighten the muscles in your upper arms. Hold that breath and that contraction for just a moment...and then gently lower your arms and breathe all the way out. You may feel a warm, burning sensation in your muscles when you tighten them. Feel how relaxing it is to release that tightness and to breathe away all the tension.

Progressive Muscle Relaxation for Older Children

>> <https://www.youtube.com/watch?v=l0wVZlxe-Q>

>> Children's Hospital of Orange County, Dr. Sabrina Stutz, pediatric psychologist

Progressive Muscle Relaxation and Guided Relaxation for Children

>> <https://www.chop.edu/health-resources/guided-relaxation-exercises>

>> Children's Hospital of Philadelphia

Progressive Muscle Relaxation for Adults

>> <https://www.youtube.com/watch?v=TQ9kTYOwtks>

>> Boston Medical Center, Dr. Robert B. Saper

>> <https://www.youtube.com/watch?v=86HUcX8ZtAk>

>> Relax for a while YouTube channel

>> <https://www.youtube.com/watch?v=KRUdkxQOqWM>

>> Counseling and Psychological Services at the University of Michigan

Please note that there are many audio recordings of lengths from 5 minutes to nearly an hour on YouTube uploaded by various entities. There are recordings with background music, sounds of nature and without any background sounds at all.

- >> Person picks the place, so they feel secure
- >> Use all senses
 - What does it look like?
 - What does it sound like?
 - What does it feel like on your skin?
 - What does it smell like?
 - Is there a taste associated with your scene?
- >> You can “sit” in the place you are imagining, or you can move through the place you are imagining- patients choice

GUIDED IMAGERY FOREST PATH SCRIPT FOR RELAXATION

Why Imagine a Forest for Relaxation?

Natural environments are calming for many people, so using a guided imagery forest script is an excellent way to reduce stress. The protected feeling of being underneath a canopy of trees allows the participant to feel in control of what happens in the forest, and may offer them a sense of comfort and peace. Progressive muscle relaxation can also be used to help rid the body of any tension. The challenging part of imagery is relaxing. This is easier said than done. Take a few moments and use some deep breathing exercises to prepare. When reading a script, read it with a slow, even, and calm tone. Take a couple seconds to pause between each description to allow time for the mind to paint the picture in detail. The more details, the better. These details will guide the imagination while encouraging some freedom for creativity.

A Walk Through the Forest

This script will take you down a path through a forest. You can close your eyes and let your imagination fill in all the details as you are guided down the path. The path may look familiar to you, or it may be somewhere you have never been.

Guided Imagery Forest Script

Close your eyes and imagine that you are standing at the edge of a field. You see a tree line where a forest begins only a few yards away. Just on the other side of the tree line, you see a trail, so you walk out of the field towards the path and enter into the woods. The light in the forest cascades down through the leaves in a soft spray of light. The layers of forest have various textures. The lower undergrowth is soft and green. There are ferns, moss, and small growths reaching towards the light.

GUIDED IMAGERY FOREST PATH SCRIPT FOR RELAXATION (CONT'D)



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The upper canopy of the trees covers you like a stained-glass roof overhead. The light green leaves against the light blue and white sky create a soft, glowing, ambient light. The light is gentle and soothing.

The path you are walking upon winds down a slight hill and curves. It's well-trodden, and you continue to follow it. The path is a combination of soil, roots, and small plants, and it is easy to walk upon.

Once you round the corner, you see a stream. You continue toward it, admiring the large trees and the different types of bark on each tree trunk. Some trees have rough bark, and some have smooth bark; some have light bark, and others dark.

As you near the stream, you can hear the rippling water sounds getting louder in a constant rhythm. You see the rocks just under the surface of the water; the water swirls around some and pours over others.

You decide to sit upon a large tree that has fallen over, and you slip your shoes off and dip your bare feet in the stream. The water is very cold, but it instantly soothes your feet. As you adjust to the cold, you notice that the water is swirling around and over your feet. As the water massages your feet, you can hear birds chirping.

There are several different birds sounding. You can also hear the breeze fluttering through the leaves on the trees. You close your eyes and enjoy the sounds.

After you rest for a while, enjoying your surroundings, you decide that you are ready to leave. You grab your shoes, put each one on, and step to the dry bank of the stream. You see the path that brought you here and start back up the hill and around the bend. As you walk back, many of the trees seem familiar. You see the bright entrance to your path up ahead.

As you approach the entrance, you stop and linger. You turn around and look down the path, taking note of what you are seeing and hearing. You can visit this special place any time you'd like in your mind.

Finally, you exit the forest, and find yourself in a bright field. You open your eyes and return to your awareness.

- >> Guided imagery – information and scripts
 - <https://positivepsychology.com/interactive-guided-imagery-therapy/>
- >> Overview and script, Center for Integrated Care, VA Health,
 - https://www.mirecc.va.gov/cih-visn2/Documents/Patient_Education_Handouts/Visualization_Guided_Imagery_2013.pdf
- >> Guided imagery script, challengetochill.org
 - <https://changetochill.org/wp-content/uploads/2015/08/Special-Place-Guided-Imagery.pdf>
- >> Guided imagery audio, Sutter Health – Sacramento Valley
 - <https://www.youtube.com/watch?v=uBDB66KoM20>
- >> Guided imagery ages 6-12, Johns Hopkins University All Children's Hospital
 - <https://www.youtube.com/watch?v=uBDB66KoM20>
- >> Guided imagery meditation, Johns Hopkins University All Children's Hospital
 - <https://www.youtube.com/watch?v=35ch88kmlls>

- >> Developed in 1979 by Jon Kabat Zinn with the intent to reduce stress
 - <https://www.youtube.com/watch?v=puzAe4G6uDw>
- >> Since then, studies have demonstrated the impact of reducing psychological and clinical symptoms in a host of chronic diseases including:
 - diabetes, hypertension, cancer, immune disorders, chronic pain, sleep disorders, back pain, clinical depression, stress and anxiety.
- >> Mindfulness-Based Stress Reduction taught in over 700 medical centers, clinics and hospitals across the world
- >> Goal of the practice: change your relationship to your symptoms, emotions, thoughts, discomfort and pain



MINDFULNESS BASED STRESS REDUCTION FORMAT OF MBSR

- »» The format is 8 weekly 2.5-hour sessions as well as a full-day retreat after week 6 as part of the model
- »» The training and practice incorporate a variety of mindfulness practices including:
 - Body scan
 - Gentle yoga
 - Sitting meditation
- »» The training also includes incorporating mindfulness into daily living and exercises to help individuals become more aware of their thoughts, sensations and emotions.
- »» Source: <https://www.institute-for-mindfulness.org/offer/mbsr/what-is-mbsr>



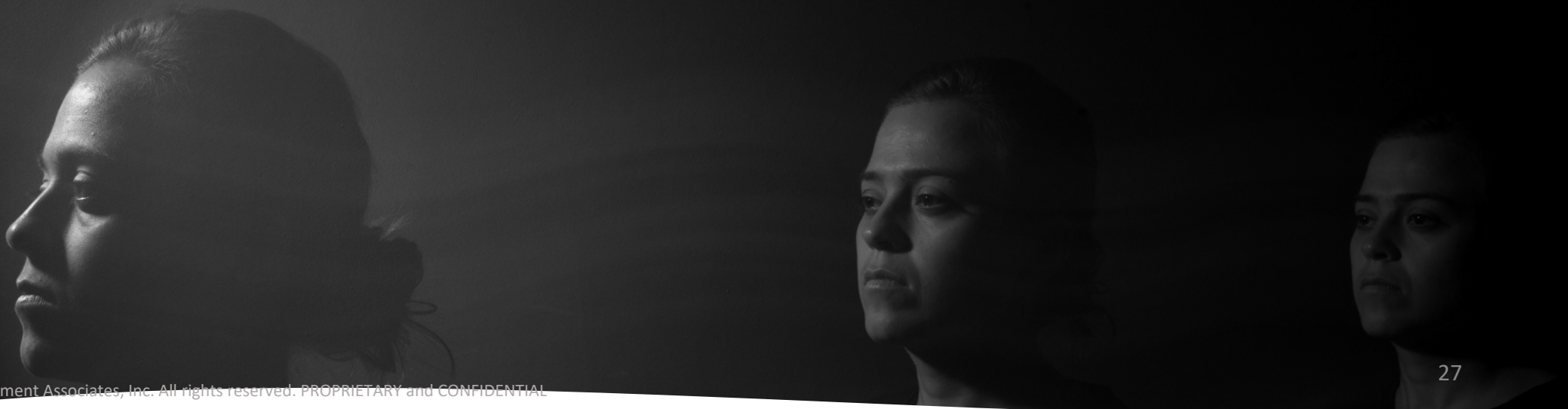
MINDFULNESS BASED STRESS REDUCTION

INCORPORATION OF THE 9 ATTITUDES OF MINDFULNESS



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- » Beginner's Mind
- » Patience
- » Non-judging
- » Non-striving
- » Acceptance
- » Gratitude
- » Letting Go
- » Generosity
- » Trust



Used in a wide variety of psychological treatment models that are evidence-based across varying psychological conditions

- >> Mindfulness-Based Cognitive Therapy (MBCT)
- >> Dialectical Behavior Therapy (DBT)
- >> Acceptance and Commitment Therapy (ACT)
- >> Cognitive Behavior Therapy (CBT)
- >> Trauma-focused Cognitive Behavior Therapy (TF-CBT)
- >> Narrative Exposure Therapy (NET)
- >> Seeking Safety
- >> Eye-Movement Desensitization and Reprocessing (EMDR)

Cancer

- Witek-Janusek L, Albuquerque K, Chroniak KR, Chroniak C, Durazo-Arvizu R, Mathews HL. Effect of mindfulness-based stress reduction on immune function, quality of life and coping in women newly diagnosed with early-stage breast cancer. *Brain, Behavior, and Immunity*. 2008; 22(6): 969-981. ISSN 0889-1591, <https://doi.org/10.1016/j.bbi.2008.01.012>.
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- Janusek LW, Tell D, Mathews HL. Mindfulness based stress reduction improves psychological well-being and restores immune function in women with breast cancer, from diagnosis through 6-months post-cancer treatment. *Brain, Behavior, and Immunity*. 2015; 49(Supplement): e37-e38. ISSN 0889-1591, <https://doi.org/10.1016/j.bbi.2015.06.143>.
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Anxiety and Depression

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- Song Y, Lindquist R. Effects of mindfulness-based stress reduction on depression, anxiety, stress and mindfulness in Korean nursing students, *Nurse Education Today*. 2015; 35(1): 86-90, ISSN 0260-6917, <https://doi.org/10.1016/j.nedt.2014.06.010>.
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Chronic Inflammatory Conditions

Rosenkranz MA, Davidson RJ, MacCoon DG, Sheridan JF, Kalin NH, Lutz A. A comparison of mindfulness-based stress reduction and an active control in modulation of neurogenic inflammation. *Brain, Behavior, and Immunity*. 2013; 27: 174-184, ISSN 0889-1591, <https://doi.org/10.1016/j.bbi.2012.10.013>.

Andrés-Rodríguez L, Borràs X, Feliu-Soler A, Pérez-Aranda A, Rozadilla-Sacanell A, Montero-Marin J, Maes M, Luciano JV. Immune-inflammatory pathways and clinical changes in fibromyalgia patients treated with Mindfulness-Based Stress Reduction (MBSR): A randomized, controlled clinical trial. *Brain, Behavior, and Immunity*. 2019; 80: 109-119, ISSN 0889-1591, <https://doi.org/10.1016/j.bbi.2019.02.030>.

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Pain

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Asim MW, Athanasios P, Dinkar S. Effect of Mindfulness Based Stress Reduction (MBSR) in Increasing Pain Tolerance and Improving the Mental Health of Injured Athletes. *Frontiers in Psychology*. 2018; (9): 722. ISSN=1664-1078. <https://www.frontiersin.org/article/10.3389/fpsyg.2018.00722>.
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Chronic Conditions

Merkes M. Mindfulness-based stress reduction for people with chronic diseases. *Australian Journal of Primary Health*. 2010; 16(3): 200-210. <https://doi.org/10.1071/PY09063>.

Khan Niazi A, Khan Niazi S. Mindfulness-based stress reduction: a non-pharmacological approach for chronic illnesses. *North American Journal of Medical Sciences*. 2011; 3(1): 20-23.

As a result of
this webinar,
I understand:

1. I understand how to do Diaphragmatic Breathing
2. I understand the components of
 - a. Progressive muscle relaxation
 - b. Guided Imagery
 - c. Mindfulness-based stress reduction

- >> Please complete the online evaluation! You will receive a link to the evaluation shortly after this webinar.

- >> The webinar recording will be available within two days at:
<https://www.integratedcaredc.com/learning/>

- >> **Upcoming Webinar:**
 - >> *Evidence Based Practices Workshop 3: Problem Solving Therapy*, November 1, 11:30 am – 12:00 pm EST

- >> For more information about the DC Integrated Care Technical Assistance Program, please visit: <https://www.integratedcaredc.com/>

HEALTH MANAGEMENT ASSOCIATES

Relaxation strategies, when practiced regularly, can reduce stress, decrease attention from unhelpful thoughts, increase the sense of relaxation in our body and help us stay calm.

Meditation

1. Use a noise free space. Wear comfortable clothing and sit or lie down.
2. Close your eyes while you take slow, deep breaths.
3. Concentrate on a word, thing, or relaxing thought.
4. Don't entertain other thoughts. Just relax and return to what you were focusing on.
5. Repeat and practice this exercise until you reach a level of desired relaxation.



Deep-breathing exercises

1. Sit or lie on your back.
2. Take a breath slowly and hold it for a couple of seconds.
3. Slowly, release your breath and make sure to push all the air out.
4. Repeat.

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HEALTH MANAGEMENT ASSOCIATES



Your local library or healthcare provider can provide more information on these and other relaxation techniques.

We do not claim rights to the material here provided, it is meant to serve as guidance. The information provided here has been collected from multiple sources.



Progressive muscle relaxation

1. Sit or lie down.
2. Start with your head or feet.
3. If you start with your head, tense the muscles of your face for 10 seconds. You may want to tense your forehead, nose, and mouth muscles separately. Then relax them for about 20 seconds.
4. Tense the muscles in your neck for 10 seconds. Then relax them for about 20 seconds. Pay attention to how each muscle group feels before and after tensing.
5. Move down your body and repeat the same steps: shoulders, chest, stomach, etc until you reach your feet.

Visualization or Imagery

1. Sit or lie down.
2. Imagine a nice place or location, somewhere serene, calm and relaxing like sitting near a waterfall. Imagine yourself in this place.
3. Focus on the scenery. What do you see and hear? What does it smell like? Is it warm or fresh, are there other sensations you experience?
4. Continue until you feel refreshed or relaxed.

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