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**Psychology of Mental Health and Well-being**  
**Work/Study-Life Balance & Stress Management**  
(MUNI: aVLLP7X1 & aVLMH011)  
by Pavel Humpolíček

**Lesson 3**

**Topic:** Introduction and practical use of relaxation techniques: Self-experience.

**Suggestions:**

Reading the documents, watching short videos and trying to apply/provide at least one of the recommended technique (5S / PMR / AT).

**Recommended materials:**

<https://is.muni.cz/auth/de/humpolicek/education>

**Mindfulness meditation**

**5S technique** (Information system of Masaryk University)

[https://is.muni.cz/auth/de/humpolicek/education/relaxation/5S\\_grounding\\_Humpolicek.pdf](https://is.muni.cz/auth/de/humpolicek/education/relaxation/5S_grounding_Humpolicek.pdf)

Mindfulness meditation with Jon Kabat-Zinn

<http://www.wisdom2conference.com/live>

**PMR - Progressive Muscular/Muscle Relaxation** (Edmund Jacobson)

Progressive Muscle Relaxation Training (14:55; Mark Connelly; YouTube)

<https://youtu.be/ihO02wUzgkc>

Information system of Masaryk University

[https://is.muni.cz/auth/de/humpolicek/education/relaxation/Jacobson\\_PM\\_relaxation\\_eng.pdf](https://is.muni.cz/auth/de/humpolicek/education/relaxation/Jacobson_PM_relaxation_eng.pdf)

**AT - Autogenic Training** (Johannes Heinrich Schultz)

Autogenic Training 1: total relaxation - Your first step into deep relaxation (11:31; syncsouls; YouTube)

[https://youtu.be/E\\_sdaDwa2Ek](https://youtu.be/E_sdaDwa2Ek)

Autogenic training – current tradition (not only) in stress management

<http://psychologon.cz/component/content/article/14-psycholog-online/257-autogenic-training-current-tradition-not-only-in-stress-management>

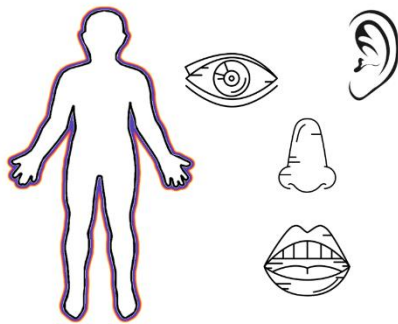
## Short summary of the most important principles:

### Conscious relaxation/concentration

#### 5 S technique

5 senses

**BODY** (sense of Touch)  
**MOUTH** (sense of Taste)  
**NOSE** (sense of Smell)  
**EYES** (Sight)  
**EARS** (Hearing)



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### Conscious relaxation/concentration

#### 5 S technique

5 senses

**BODY** (sense of Touch)  
**MOUTH** (sense of Taste)  
**NOSE** (sense of Smell)  
**EYES** (Sight)  
**EARS** (Hearing)

#### **3 steps:**

5 times to **CHECK** (scan)  
 5 times to **KNOW** (be aware)  
 to **GET TOGETHER** (integrate)

#### **2 channels:**



#### **FEELINGS & WORDS**

sense & ratio  
 color & shape

„That's fine, my sense of touch is working.“

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### Jacobson's Progressive Muscular Relaxation

**Tension** – perfusion, muscle activation

10 seconds

vs.

10 seconds

**Releasing** - perception of the relaxation effect

APA PsycNET®

**Attention is paid to the contrast**

**between**

**tension and relaxation**



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### Conscious relaxation/concentration

#### Autogenic training

- **Muscle relaxation**
- **Body warming** from shoulders towards hands and feet
- *Calm breathing*
- *Calm pulse*
- **Warmth in the abdomen**
- **Cold forehead**

BRITISH AUTOGENTIC SOCIETY

PSYCHOLOGON

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If you want to know more you would continue to these links:

**Neuroplasticity** – principle: **Use it or lose it!**

<https://1url.cz/@neuroplasticity>

**??? IMAGINATION!**

<https://1url.cz/@neuroplasticity>

### Take a nap

Just a few minutes



a few times per a day.



With closed eyes.

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