



Psychology of Mental Health and Well-being

Work/Study-Life Balance

Stress Management & Coping

Lesson 3

Department of Psychology and Psychosomatics
Faculty of Medicine, Masaryk University

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upp.med.muni.cz

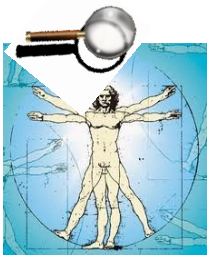
Private practice (counselling, therapy, assessment, coaching)

www.p-s-y-c-h-o-l-o-g.cz

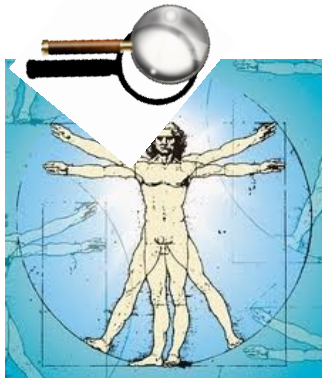


Introduction & Practical Use of Relaxation Techniques, Self-Experience

basic information, sources, links



TERMINOLOGY



CONCENTRATION



RELAXATION

IMAGINATION

MEDITATION





Focus on Principles

Reasons for practicing relaxation?

Arousal&Energy

Refreshment

Recovery

Rest



Attention&Focus

Imagination

Innovation

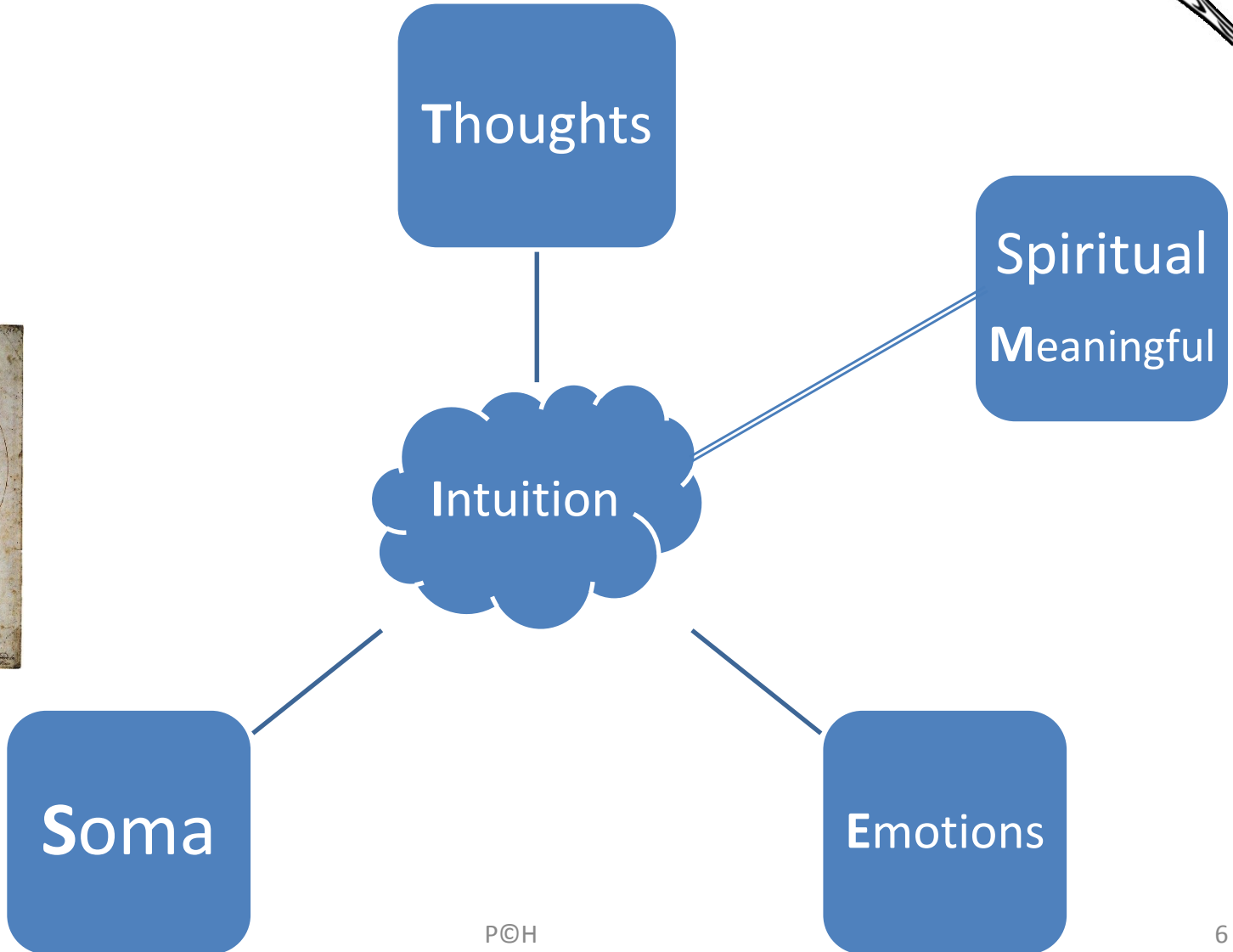
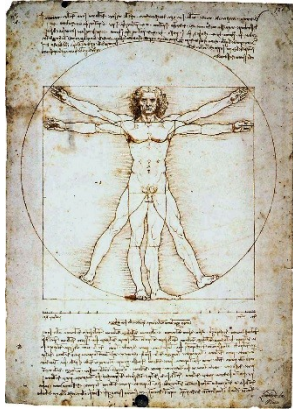
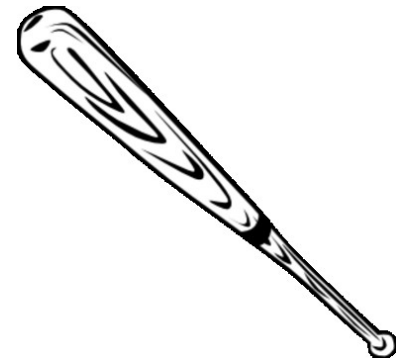
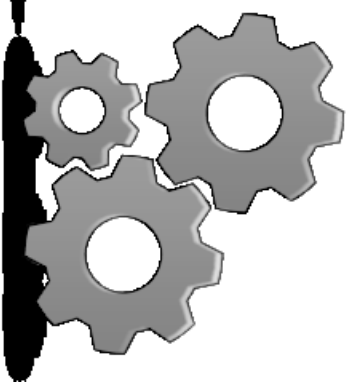
Inspiration

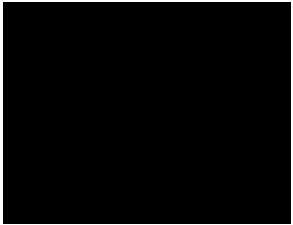


Feedback: S-E-T



S-E-T / I-S / B-E-S-T





Simple questions to improve self-reflection:

WHAT I (REALLY) **WANT** (JUST NOW) **?**

WHAT I (REALLY) **NEED** (JUST NOW) **?**

CONCENTRATION



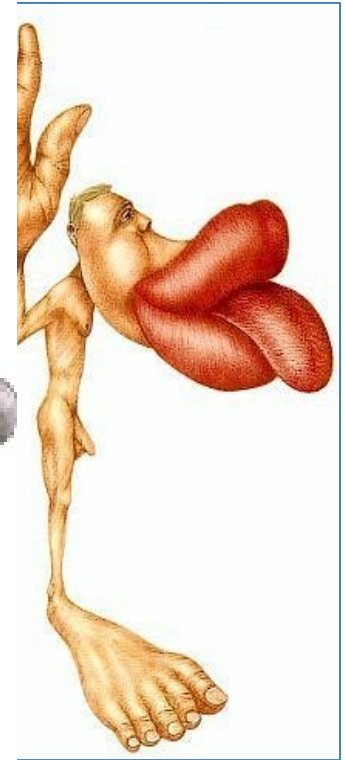


What kinds of senses do we have?

Which one is the most important to feel safe?

Conscious relaxation/concentration

5
Sense



Sight vs. Touching&Hearing

Daniel Kish:

How I use sonar to navigate the world

https://www.ted.com/talks/daniel_kish_how_i_use_sonar_to Navigate_the_world

TED Ideas worth spreading



Conscious relaxation/concentration

5 S technique

5 senses

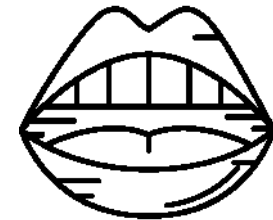
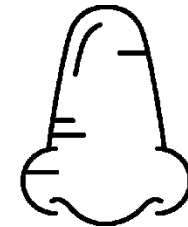
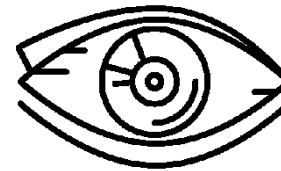
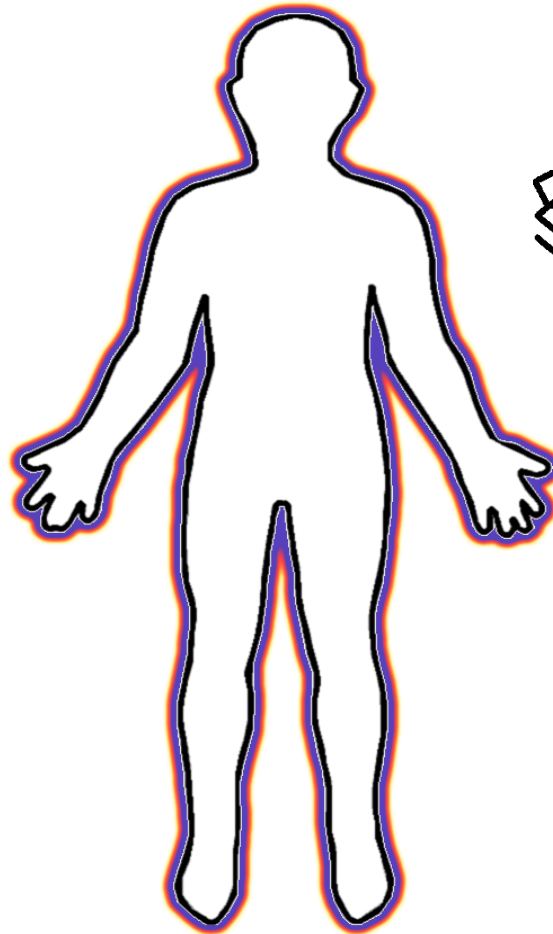
BODY (sense of Touch)

MOUTH (sense of Taste)

NOSE (sense of Smell)

EYES (Sight)

EARS (Hearing)



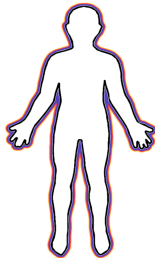
Conscious relaxation/concentration

5 S technique

All I need is working,
I can enjoy the lesson!

to **GET TOGETHER** (integrate)

2 channels:



FEELINGS & WORDS

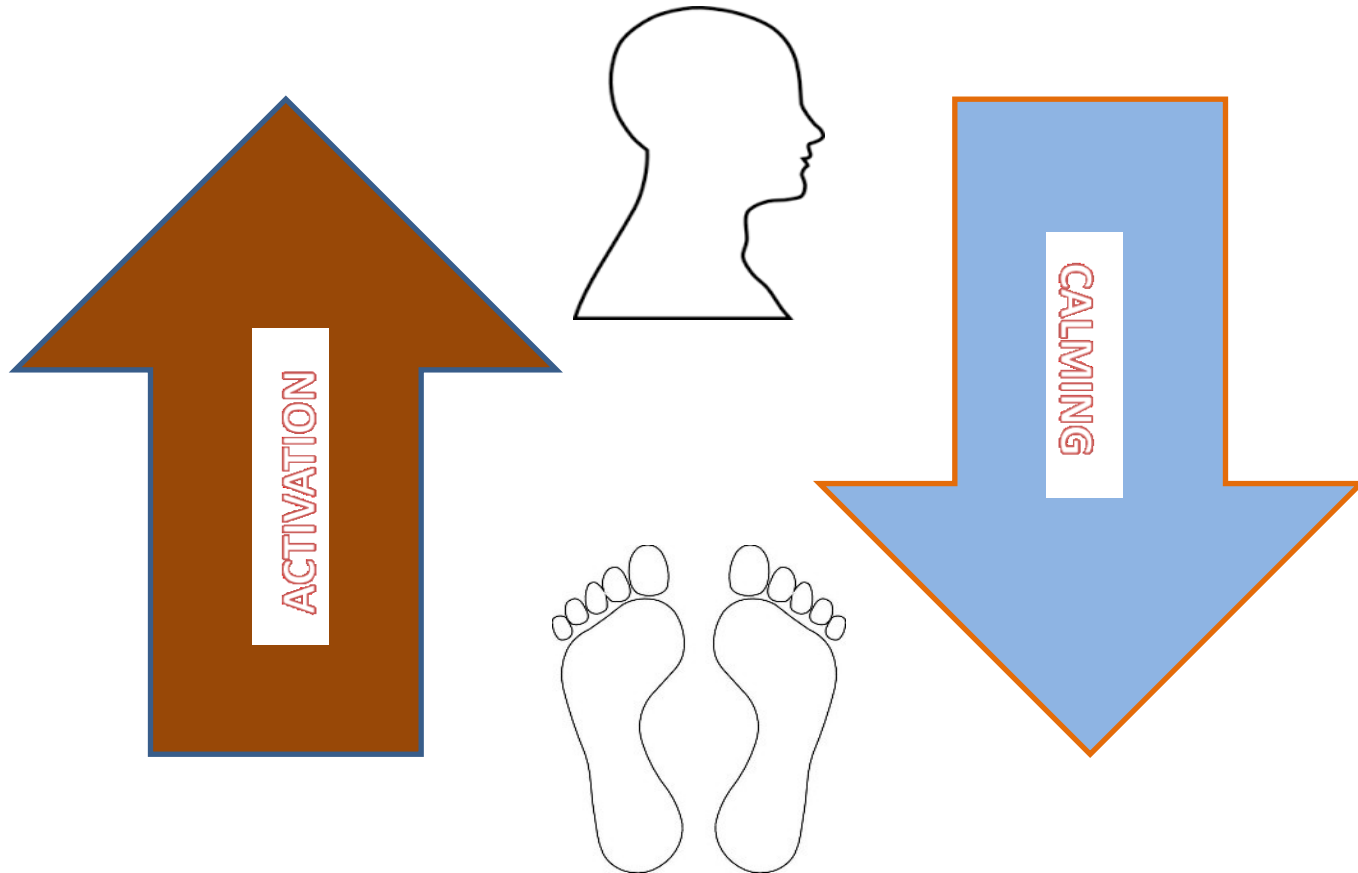
sense & ratio
color & shape

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

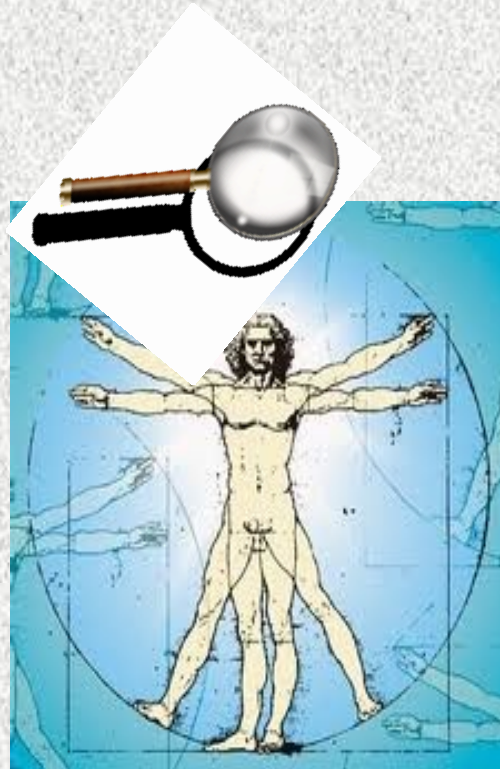
Conscious relaxation/concentration

5 S technique

5 senses



RELAXATION



Jacobson's Progressive Muscular Relaxation



Tension – perfusion, muscle activation

10 seconds

vs.

10 seconds

Releasing - perception of the relaxation effect



Attention is paid to the contrast

between

tension and relaxation



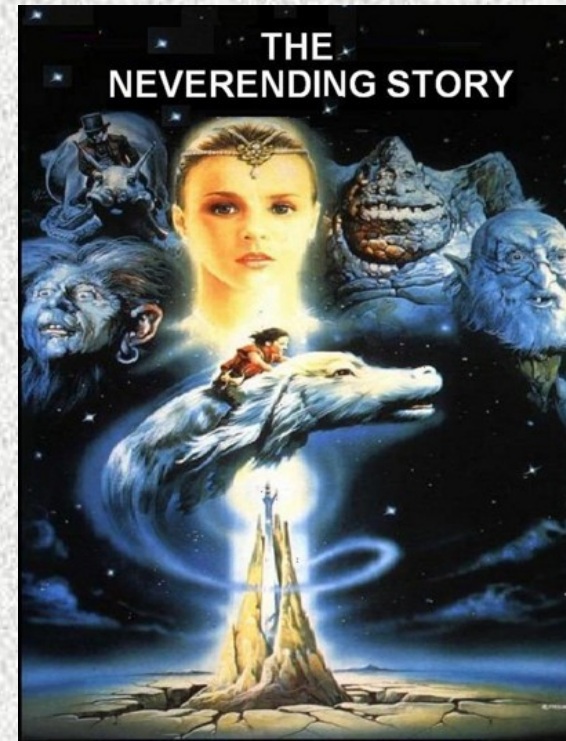
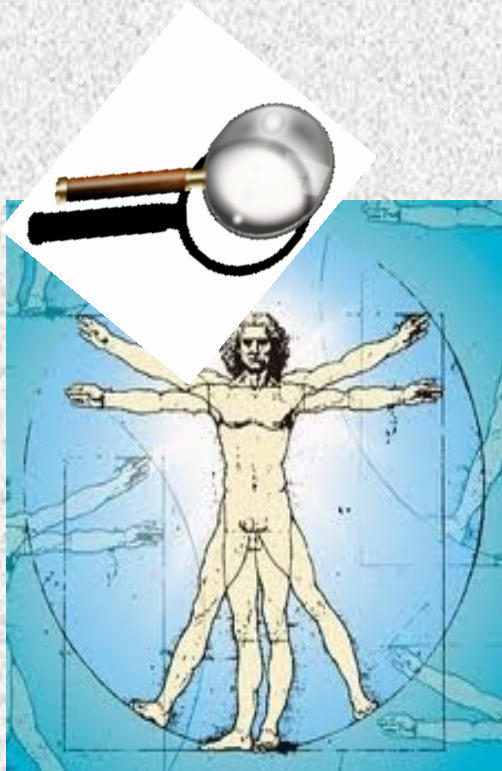
Progressive muscle relaxation technique



Feel the tension as you hold that position.

www.youtube.com/watch?v=xqKljKyElmo

RELAXATION & IMAGINATION



More of Energy?

Just EFFECTIVITY!



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



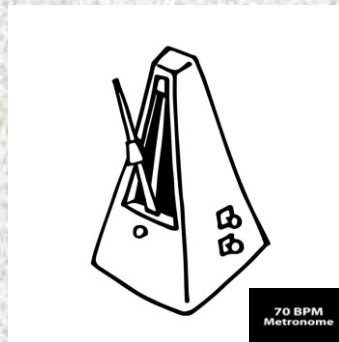
BRITISH AUTOGENIC SOCIETY





Focus on Principles

Habituation helps & harms ...



**Focus, concentrate, pay attention, be aware .
& stay calm, healthy and alive.**

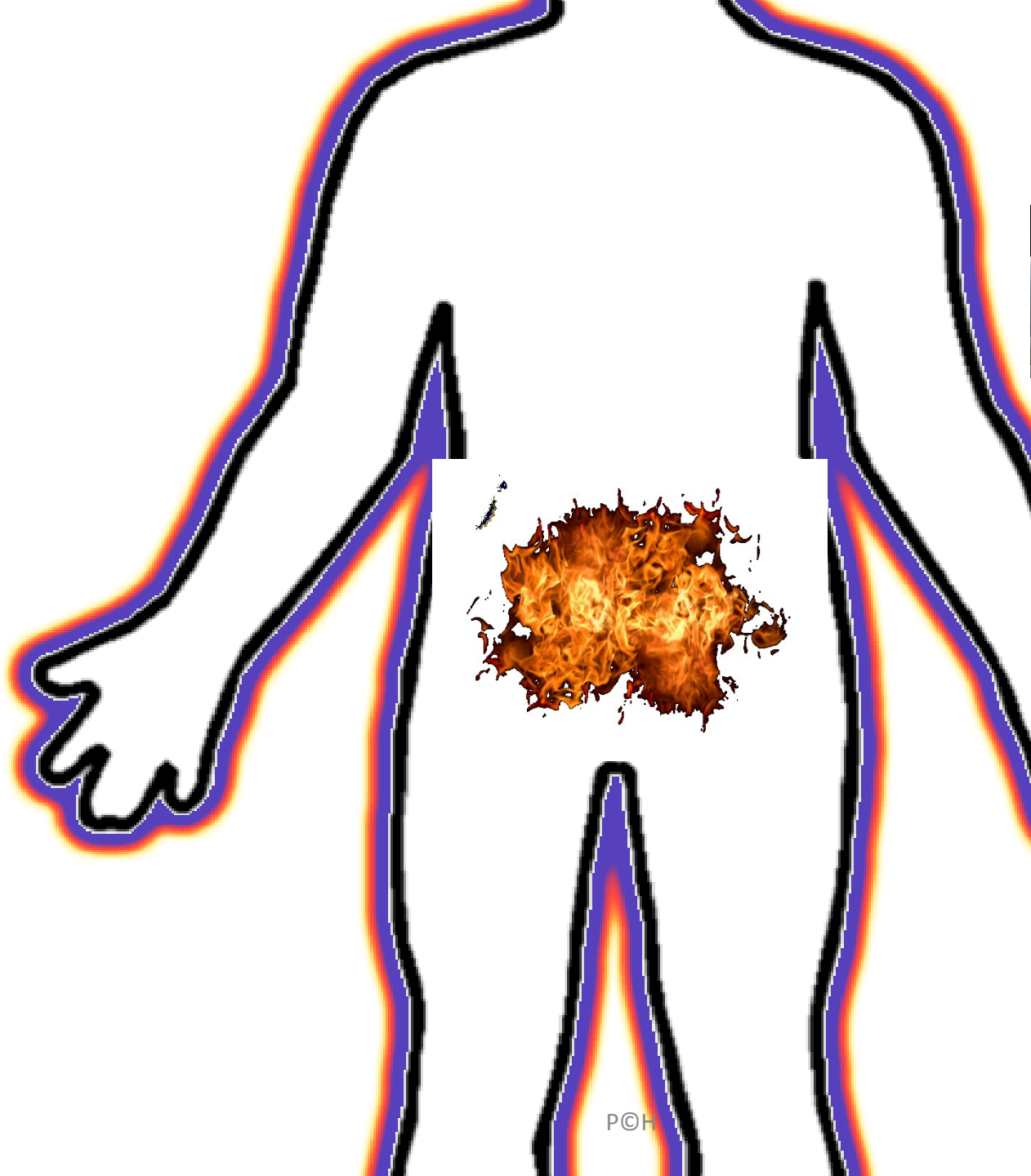


AT - Muscle relaxation

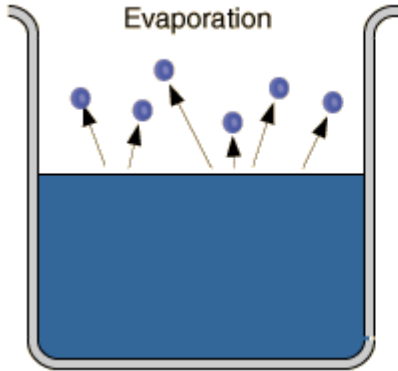


AT - Body warming



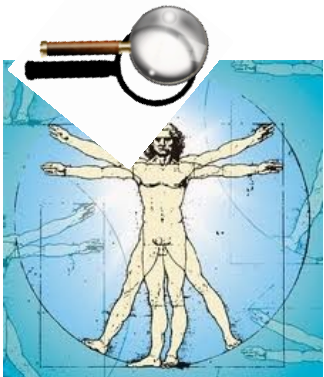


AT - Cold forehead





Practical Use of Relaxation Techniques, Self-Improvement

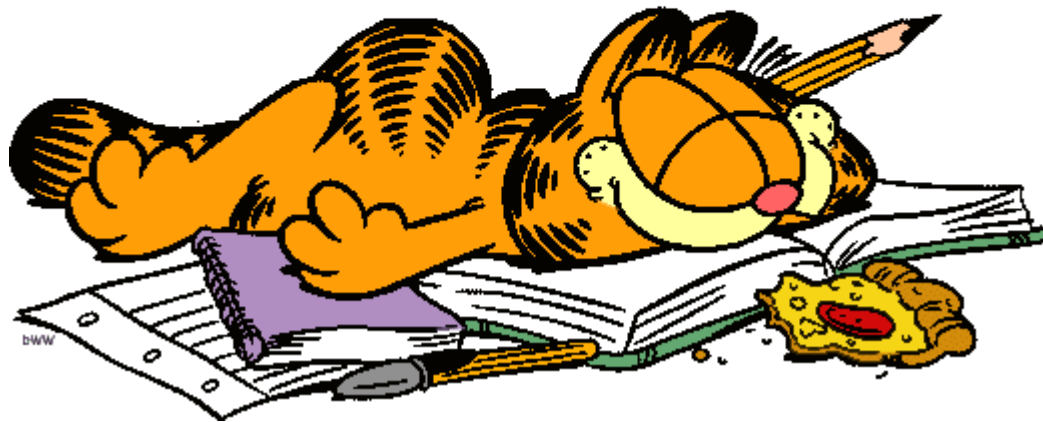


Take a nap

Just



times per a day.



With closed eyes.

Why to apply ...



CONCENTRATION



RELAXATION



IMAGINATION



MEDITATION

sleeping, active refreshing

efficiency, adaptation, coping

(with minimum to peak)

creativity, mental activity

(planning, time management, social relations, self-reflection, memory ...)

well-being, work-life-balance

self-improvement

health

(bio-psycho-socio-spiritual homeostasis/balance)

