

Introduction



Relaxation literally means the cessation from work. It is recreation, the reduction from tension, and the restoration of equilibrium. Relaxation involves focusing on pleasurable, fun activities and calming the conscious mind from daily or long term tension.

Relaxation also includes a healthy diet, a positive thinking process, a self disciplined mind, good sleeping habits, positive relationships, a regular exercise program and a calming of the conscious mind by deep breathing, visualization, and progressive relaxation exercises as well as meditation and contemplation. To have optimal relaxation in your life means to have a balance of the above ingredients.

It is more common to work on our physical body with exercise, nutrition or treatment than it is to train our emotional and mental body. It is possible, however, to train and exercise our mental and emotional body with relaxation exercises and it is extremely rewarding and effective. Many of us have forgotten how to relax, but we can re-learn.

*"IT'S NOT WHERE OR WHEN
YOU ARRIVE—IT'S TAKING THE
JOURNEY THAT COUNTS."*

Like exercise, relaxation is ideally practiced for 30 minutes to one hour per day. Simple activities, to train the mind and body, may be performed anywhere.

There are three areas of relaxation and stress management dealt with in this guide:

1. **Abdominal breathing exercises:** Combined with head, neck and shoulder motion. Such a routine is helpful to release mental and physical tension in a simple, effective manner.
2. **Progressive relaxation exercise:** This routine helps to relax all of the bodies muscles in a progressive, rhythmic fashion. The end result is a state of complete release of muscle tension.
3. **Visualization:** Visualization is relaxing and enjoyable. It is a journey. Visualization trains the mind to go inward to a place of peace and tranquility.

Benefits of Stress Management

1. To **relieve the tension of the mind which transfer to the body.** Continual tension eventually cause disease and complications of the physical body.
2. To **train the mind** to focus on inner tranquility and peace as well as outer positive attitudes allowing these sensations and senses to pervade life and relationships.
3. To learn to **manage stress more efficiently** and to view the problems and challenges of life as opportunities to grow.
4. To establish a routine that allows you to **relax quickly and effectively** each and every day.

Thera-Band™ Exercise Mat provides high density, lightweight support.