



# Relaxation Techniques for Wellness and Stress Reduction

# CONCERN: EMPLOYEE ASSISTANCE PROGRAM

A Benefit for Employees and Families



CONCERN:EAP



# CONCERN: EAP Services

- Work/Life Benefits
  - Parenting and Childcare Resources
  - Eldercare Services
  - Financial Counseling
  - Legal Consultations
- Short Term Counseling 1-3 visits per issue per 12-month period
- Free Confidential – 24/7 800 number answered “live”



# Getting Started

- Call for an appointment 6:30 AM to 5:00 PM (Pacific Time) Monday through Friday
- In crisis situations, call 24/7 for immediate telephone support
- For more information
  - Ask your HR/Benefits Department
  - [www.concern-eap.com](http://www.concern-eap.com)
  - Call CONCERN at (800) 344-4222







# Relaxation Techniques for Wellness and Stress Reduction

# Agenda



- **Introduction to Relaxation Techniques**
- **Fight – Flight or Relaxation**
- **The Events**
- **The Mind and How We Allocate Time**
- **The Body**
- **Behavior and Exercises**
- **Review of Participant Packet**
- **Reminders**
- **Wrap Up**

# Introduction



- **You can't hide from yourself!**
- **A Return to Balance**
- **Creating practices that support and sustain balance in our lives**



# Physical Aspects of Stress



<b><i>Fight or Flight</i></b>	<b><i>Relaxation</i></b>
↑ Heart Rate/Pulse	↓ Heart Rate/Pulse
↑ Blood Pressure	↓ Blood Pressure
↑ Shallow Chest Breathing	↑ Full Abdominal Breathing
↑ Muscle Tension	↓ Muscle Tension
↓ Blood Vessel Size	↑ Blood Vessel Size
↓ Skin Temperature	↑ Skin Temperature
↓ Digestive System Changes	↑ Digestive System Changes
↓ Immune System	↑ Immune System



# Events (Stuff) Happens



- **We cannot change the Event so...**
  - Change the internal dialogue
  - Choose the stress you will deal with today
  - Accept what cannot be changed

# The Four “A”s



- **Acknowledge Responsibility for everything in your life**
  - Ask what you can do, not why it is happening to you
- **Analyze what you can and cannot do**
  - Work on those tasks over which you have some control
  - Plan instead of reacting
- **Avoid stress by exiting the situation when possible**
  - Learn to say NO
  - Take time outs
  - Delegate
- **Accept what you cannot change**
  - Know your limits – eliminate irrational thoughts

# Allocation of Time



- **Percentage Chart**
- **Activities Time Chart**
- **My Time Allocation Chart**
- **Priority Chart**



# The Body

- **Breathing**
- **Massage**
- **Stretching**
- **Eye Relaxation**



# Short Term Relaxation



- **Go for a walk through the office or in the neighborhood**
- **Play 5 minutes of basketball with crumpled paper and a waste basket**
- **Watch the clouds in the sky or find something new in an old setting**
- **Put your head down on the desk and rest for 5 minutes**
- **Rub the palms of your hands until they are warm and hold them over your closed eyes**
- **Shake your arms and hands for 10 seconds**
- **Call a friend or family member**
- **Close your eyes and imagine a favorite vacation spot**
- **Smile. It alters your mood**
- **Take a deep breath and imagine the breath coming in form the bottom of your feet.**



# Intermediate Relaxation



- **Having fun can be hard work. Don't let that deter you**
- **The rewards exceed the cost**
  - Do not take your problems
  - Do not take the “look at my watch to see what time it is” behavior
  - Do not take “continuous thoughts” of being somewhere else
  
  - Do bring your full presence and attention
  - Bring your curiosity
  - Bring your eyes, ears and other senses necessary to fully enjoy the time

# Life Practices



- **Vacations**
- **Mind Body Practices**
  - Tai Chi
  - Chi Kung
  - Feldenkrais
  - Yoga
  - Meditation
- **Attitude**

