

Mind/Body Self-Relaxation Skill

Jon Seskevich RN, BSN, BA, CHTP
Nurse Clinician, Center for Advanced
Practice, Duke University Hospital.
And a recording artist!

3 step technique with a “key.” The Relaxation Response

- *Practice an EBP mind/body technique to develop calmness, clarity and the release of mental burdens.*

Most well researched of all integrative therapies: Mind/Body Medicine.



- Not Voodoo
- As early as 1995, the NIH OTA identified relaxation techniques as beneficial in the treatment of chronic pain and insomnia.

Mind/Body Techniques

- Relaxation Response
- Guided Imagery, Visualization
- Mindfulness Based Approaches
- Progressive Muscle Relaxation
- Prayer
- Biofeedback
- Meditation
- Hypnosis
- Nature recordings
- Breathing techniques. Yoga. Tai Chi. Music

Jon's Favorite Relaxation Technique

- Three simple steps
- #1
- Soft belly breathing

Let the bed or chair
support your weight.

Silently to yourself repeat a relaxation word or phrase.

Possible relaxation words or phrases

- I tend to encourage short positive, present moment oriented selections.
- I can do this. Easy does it. I am getting better. I've got this. Words like: Calming, Peace.
- Spiritual: from your faith beliefs.
- God is with me. The Lord is my Shepherd. Shema Israel. Wakan Tanka. Hanuman is helping me. Om Mani Padme Hum. La illah ha il Allah.
- Neutral: Counting. A meaningless word. Woosah

- **Before you begin the practice go ahead and select a word or phrase to use.**

Key to Practice:

When you notice your mind wander kindly and gently let go and return to your relaxation word or phrase.

Let's practice...

- Coming to a comfortable position
- Feet flat on the floor
- Easier to learn with your eyes closed.
- Let your head neck and back be in alignment.
- Let your abdomen be soft.
- Begin with soft belly breathing.

Let's practice

- Feel the support of the chair
- Scanning through your body, let your muscles be warm and heavy. Let your muscles soften and relax.
- Silently to yourself think your relaxation phrase or word.
- When you notice your mind wander; kindly and gently let go of the thought and return to your relaxation word or phrase.



Effective Coping Strategies

- Knowledge is power
 - Exercise
 - Pacing activity and rest.
- Support from families and friends
 - Counseling
- Nature, art, music, dance, creative activities
 - Relaxation techniques
- Take time to do things that give meaning to your life
 - One day at a time
 - Positive thinking to help with worry
 - Forgiveness

Questions/Comments

- Contact info: Jon Seskevich
- jon@managstressnow.com
- www.ManageStressNow.com

- Thank you for being here with me today!