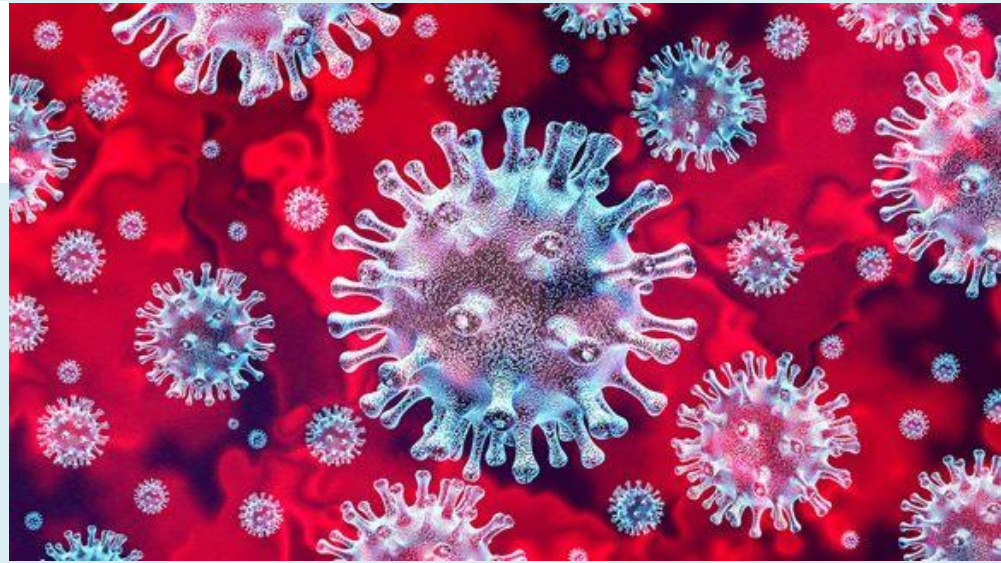




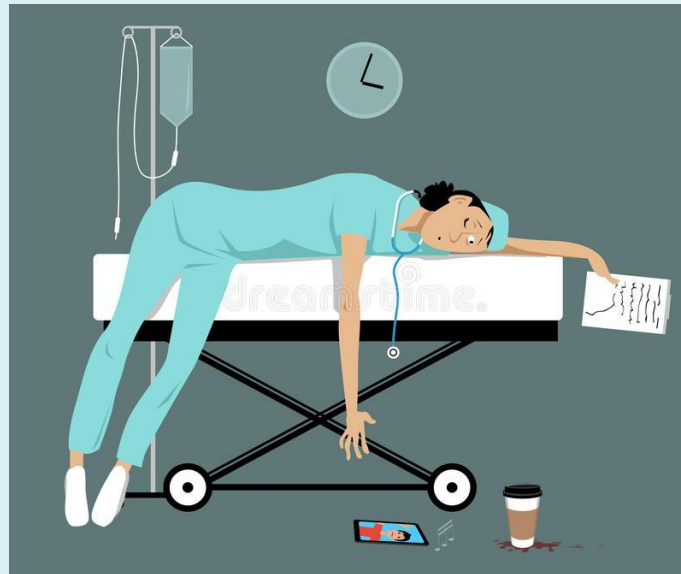
SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai



Mindfulness Relaxation Techniques For The Frontline Warriors



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Professor & Head

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Relaxation Techniques

- Relaxation is a process that decreases the effects of stress on your mind and body.
- Refocusing your attention on something calming and increasing awareness of your body.
- It doesn't matter which relaxation technique you choose.
- **Relax.....Relax.....Relax.....Relax.....Relax**

Relaxation Techniques



Use
Aromatherapy



Practice
Visualization



Do Yoga



Take a Walk



Spend Time
in Nature



Listen to
Soothing Music



Breathe Deeply



Keep a Journal



Art Therapy



Get a Massage



Meditate



See a Movie



Read a Good
Book



Soak in a
Warm Bath



Laugh Out Loud



Have a Warm
Drink

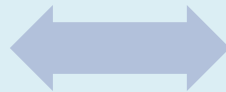
Deep Breathing Technique

Breathe in slowly
for a count of 4

**60 sec
decompressor**

Slowly exhale
for a count of 4

Hold your
breath for a
count of 4



Progressive Muscle relaxation Technique

Progressive Muscle Relaxation

Gently **roll head** from side to side, with awareness of the tightening muscles. Release.

Gently tense **chest muscles** and abdomen, without holding the breath. Release.

Tense **left leg** down through feet and toes. Release.

While no longer tensing any muscles, allow **attention** to drift back up through legs, abdomen, chest, arms, and back to the face.

Tense **face muscles** including forehead, cheeks, mouth, upper neck. Release.

Tense **left hip and buttock**. Release.



Tighten **shoulders**. Release.

Tense **right arm**, from shoulder to fingers without making a fist or lifting arm off of floor. Tense **left arm**. Release.

Tense **right hip and buttock**. Release.

Tense **right leg** down through feet and toes. Release.

60 sec
depressor

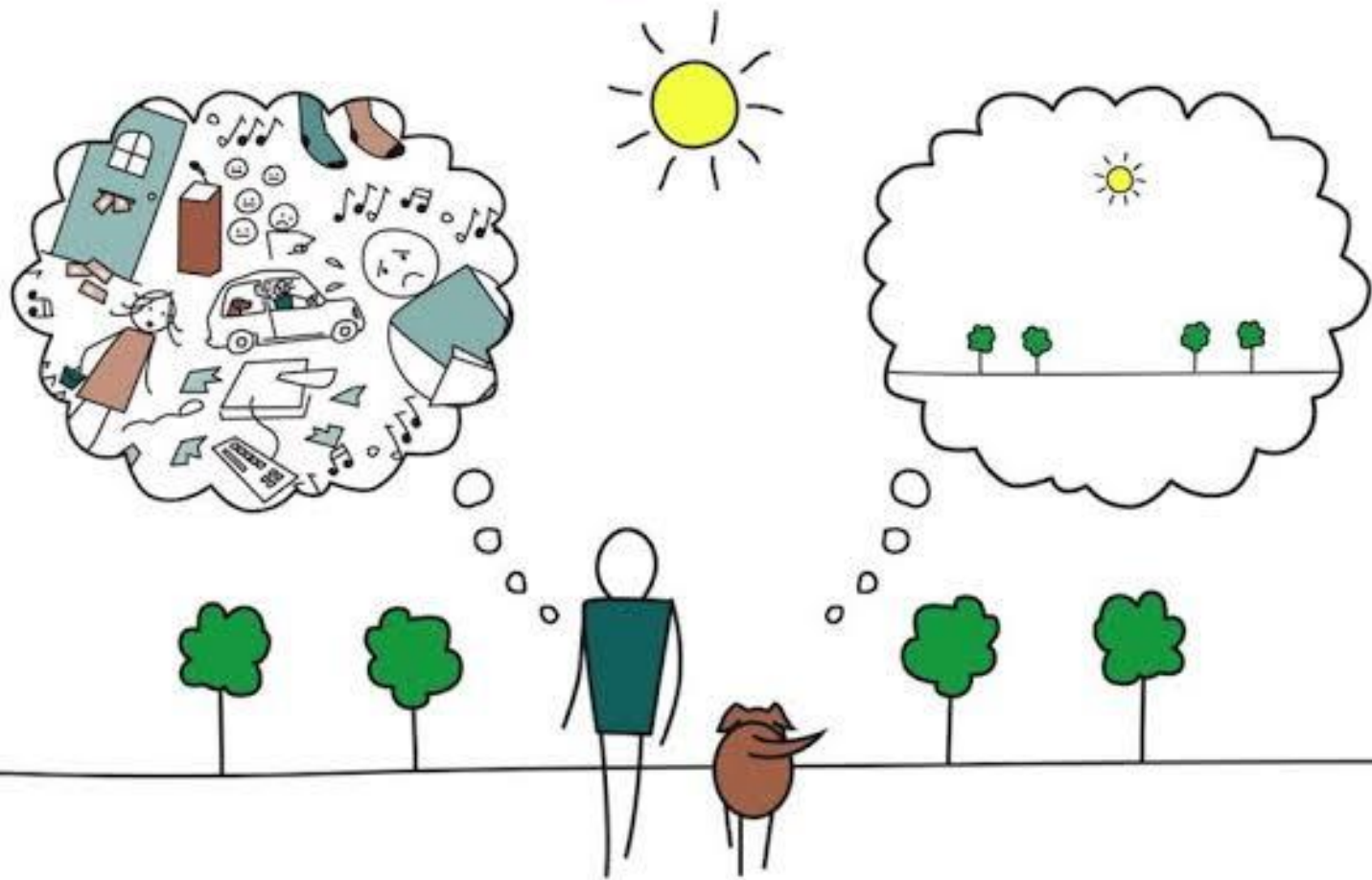
Can be done sitting on chair too

Guided Meditation apps

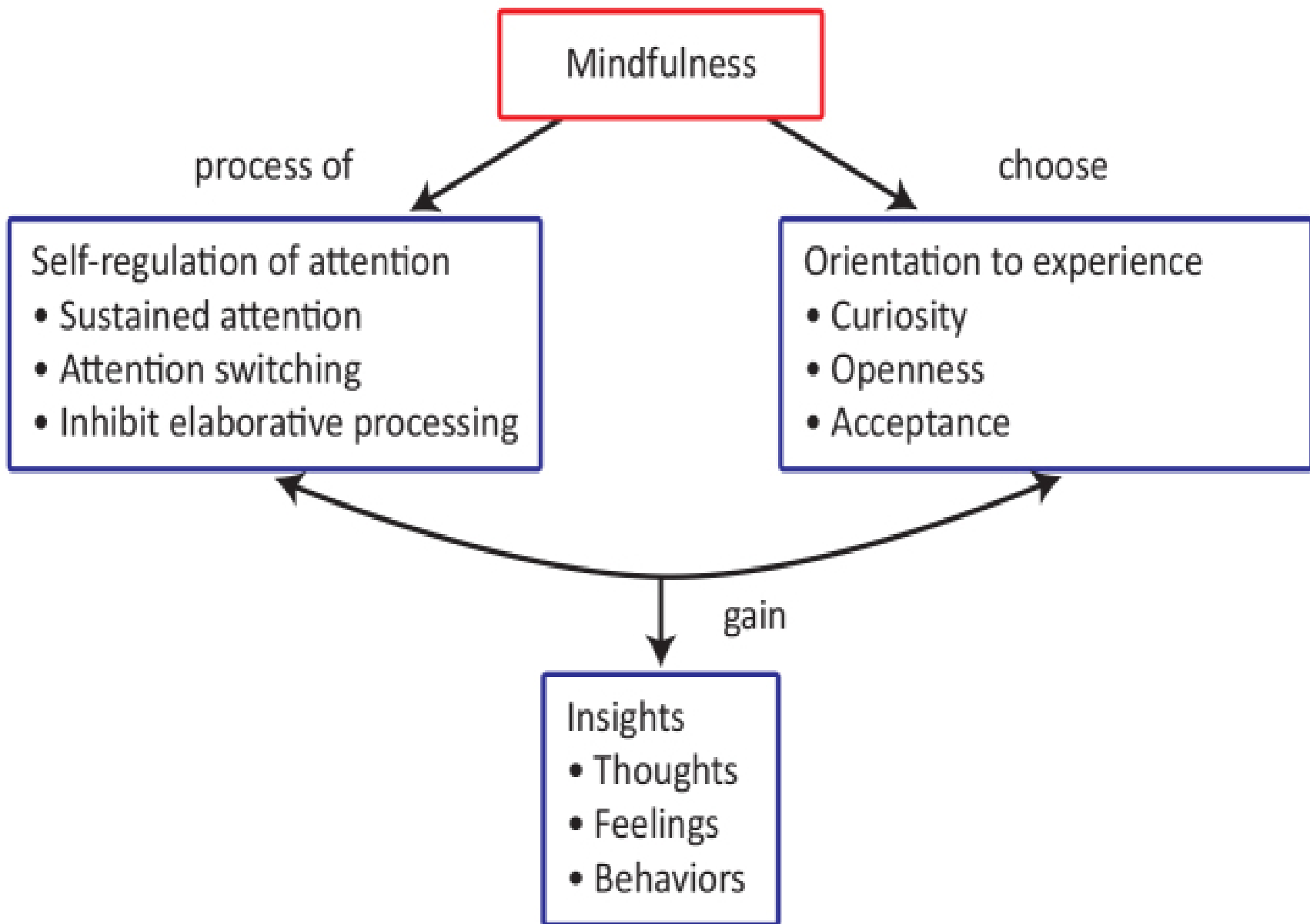
- Guided Meditation techniques:

<https://www.youtube.com/watch?v=Jyy0ra2WcQQ>

Many more available



Mind Full, or Mindful?





R

Recognize
what's
going on

A

Allow the
experience
to be there,
just as it is

I

Investigate
with
kindness

N

Natural
awareness,
which comes
from not

Mindfulness app



www.headspace.com/

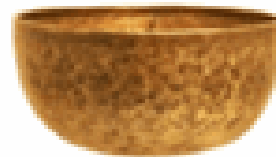


www.calm.com

Stop, Breath, Think



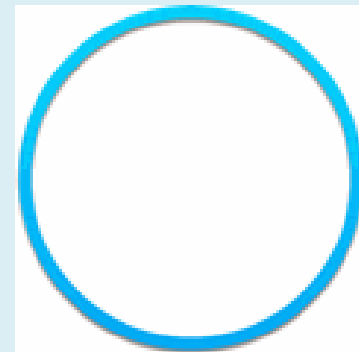
www.stopbreathethink.com



INSIGHT
Peace in our Timer

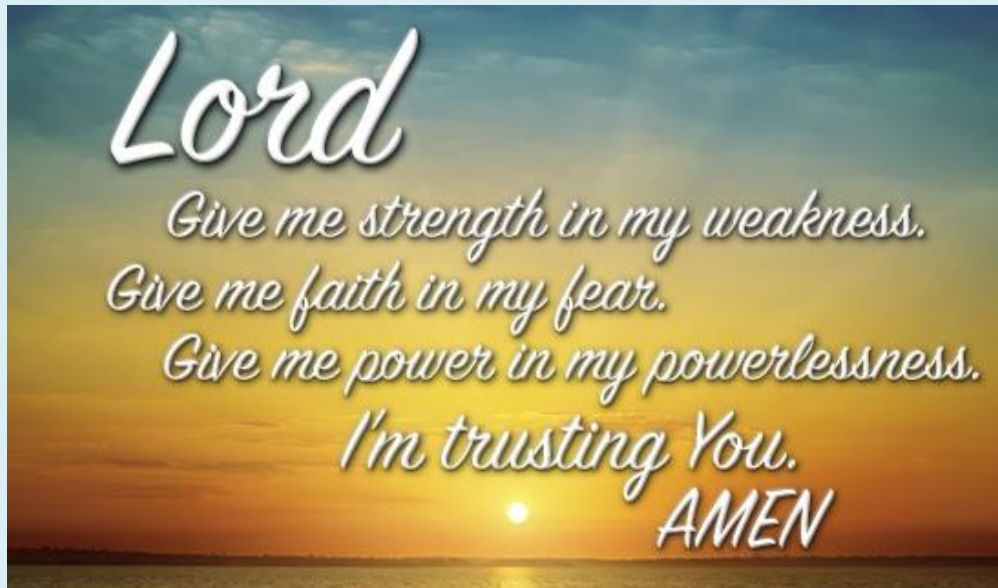
insighttimer.com

Aura



<https://www.aurahealth.io/>

Don't forget the Power of Prayer



STRIVING TOWARDS A HEALTHY INDIA



Thank you

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