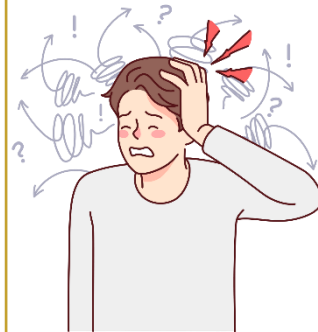




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Stress management strategies



What are the relaxation techniques?

Relaxation techniques are therapeutic exercises to help individuals reduce stress and anxiety. In addition, they reduce unpleasant stress-induced responses such as increased heart rate, palpitations, heavy sweating, shortness of breath, and muscle tension. There are many relaxation strategies that can be learned by health professionals or through self-help methods.

The aim of relaxation techniques:

Relaxation techniques are therapeutic exercises designed to help patients reduce physical and psychological stress and anxiety.



What is the definition of box breathing?

Box breathing is a breathing exercise to help patients manage stress and can be performed before, during, and/or after stressful experiences. Box breathing uses four simple steps. To help individuals visualize a box with four equal sides while exercising

- **Step 1:** Inhale through your nose and count to 4.
- **Step 2:** Hold your breath as you count to 4.
- **Step 3:** Exhale and count to 4.
- **Step 4:** Hold your breath as you count to 4.

Note: You can start shorter (for example, two seconds instead of 4 seconds per step).

What is the definition of box breathing?

A relaxation exercise that aims to help individuals visualize a calm environment. It helps patients manage stress by distracting from intrusive thoughts. The images use the five senses to create a deeper sense of relaxation.

- **The first step:** sit or lie comfortably, preferably the space is straight without distractions



What is the definition of box breathing?

- **Step Two:** Visualize a comfortable environment either by remembering it from memory or creating it through imagination (e.g., a **day at the beach**). Imagine the elements of the environment using each of the five senses using the following prompts:
 - What do you see? (For example, the water is blue.)
 - What do you hear? (For example, the sound of waves on the beach).
 - What do you smell? (For example, fruity odors from sunscreen).
 - What do you taste for? (For example, salty sea air).
 - How do you feel? (For example, the warmth of the sun).



What is the definition of box breathing?

- **Step Three:** Maintain visualization while focusing on taking slow deep breaths throughout the exercise. Focusing on feelings of calm associated with being in a comfortable environment.



What is Progressive Muscle Relaxation (PMR)?

It is a relaxation technique that targets symptoms of anxiety-related stress. Exercise involves stretching and then relaxing muscles throughout the body, focusing on muscle relaxation as part of the relaxation phase.

- **Step one:** sit or lie comfortably, preferably the space is straight without deviations.
- **Step two:** Start from the feet, bend the toes down and tighten the foot muscles for 5 seconds, then slowly release them for 10 seconds. While relaxing the muscles, focus on relieving stress.



What is Progressive Muscle Relaxation (PMR)?

- **Step Three:** Tighten the muscles at the bottom of the feet. Hold for 5 seconds, then release slowly for 10 seconds. While relaxing the muscles, focus on relieving stress
- **Step Four:** Tighten the muscles of the hips and buttocks. Hold for 5 seconds, then release slowly for 10 seconds. While relaxing the muscles, focus on relieving stress.
- **Step Five:** Tighten the muscles of the stomach and chest. Hold for 5 seconds, then release slowly for 10 seconds. While relaxing the muscles, focus on relieving stress.
- **Step Six:** Tighten the muscles of the shoulders. Hold for 5 seconds, then release slowly for 10 seconds. While relaxing the muscles, focus on relieving stress.

What is Progressive Muscle Relaxation (PMR)?

- **Step Seven:** Tighten the facial muscles (e.g., squeeze the eyes while they are closed). Hold for 5 seconds, then slowly release for 10 seconds. While relaxing the muscles, focus on relieving stress.
- **Step Eight:** Tighten the muscles of the hand and form a grip. Hold for 5 seconds, then release slowly for 10 seconds. While relaxing the muscles, focus on relieving stress.

Note: Be careful not to pull to the point of physical pain, remember to take a slow and deep breath throughout the exercise.



Sources and references:

All illustrations from Canva.com

Audit and Auditing:

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