

T O P I C

01

RELAXATION TECHNIQUES FOR STRESS RELIEF

Relaxation techniques are a powerful tool for dealing with stressful situations or persistent work-related stress. In this topic you will learn more about different relaxation techniques and how they can help you deal with stress.



The contents herein are for informational and educational purposes only and are not intended as medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional for any medical concerns or decisions.

LEARNING OBJECTIVES

THIS TOPIC IS DESIGNED AROUND THE FOLLOWING MAIN LEARNING OBJECTIVES:

01

Understand the Benefits of Relaxation Techniques

Recognize how various relaxation methods can reduce work-related stress levels and improve overall well-being.

02

Familiarize with Stress Relief Techniques

Get acquainted with different relaxation techniques specifically designed to manage stress in the workplace

03

Practice Breathing Techniques and Progressive Muscle Relaxation

Learn and apply specific breathing exercises and progressive muscle relaxation to manage stress effectively

04

Explore Various Yoga Styles:

Gain knowledge of different yoga styles and how they can be integrated into a daily routine to enhance physical and mental health.

05

Learn the Benefits of Aromatherapy and Journaling

Understand how aromatherapy and journaling can be used as tools to alleviate stress and improve mental health.

06

Implement Multiple Relaxation Techniques

Experiment with and combine different relaxation techniques to determine what works best for individual stress management and overall productivity at work.

COMPETENCES

THIS TRAINING CONTENT IS DESIGNED TO HELP YOU ACQUIRE THE FOLLOWING COMPETENCES:

- 01 **Self-perception:** Observe and interpret one's own behaviours, thoughts, and feelings, and using those observations and interpretations to define oneself.
- 02 **Self-regulation:** Ability to understand and manage your behaviour and your reactions to feelings and things happening around you.
- 03 **Building Positive Working Relationships:** Developing and using collaborative relationships to facilitate the accomplishment of work goals.
- 04 **Sociability:** Interact and relate effortlessly with other people. Being able to make contacts with others and develop social activities.
- 05 **Energy Management:** Ability to approach your working day with the mindset that you are managing your energy, not only your time.
- 06 **Self-organization:** Effectively organize one's schedule of activities, establishing the necessary priorities and organizing your daily routine in the most efficient way possible.
- 07 **Time Management:** The ability to use one's time effectively or productively, especially at work.
- 08 **Wide range of interests:** Show a wide range of personal and professional interests. Show interest and motivation for many different aspects of personal and professional life and cultural, social, scientific, artistic, technical knowledge, etc.

WHY RELAXATION TECHNIQUES?

Have you heard the term “fight or flight” response? It's the body's automatic reaction to confront or avoid danger, commonly known as the stress response. When triggered appropriately, the stress response helps us tackle various challenges. However, problems arise when this response is constantly activated by everyday work-related stressors, such as deadlines, meetings, workload pressures, or office conflicts.

We can't eliminate all sources of stress in our professional lives, nor would we want to. But we can develop healthier ways of managing them. One effective approach is to activate a relaxation response through various techniques. In this topic, you will learn about breathing exercises, visualization techniques, yoga, mindfulness meditation, aromatherapy, and journaling. These methods can be invaluable tools for managing workplace stress and enhancing overall well-being.



DEEP BREATHING HELPS YOU AVOID THE "FIGHT-OR-FLIGHT" RESPONSE (ACUTE STRESS RESPONSE) TO MENTALLY OR PHYSICALLY TERRIFYING SITUATIONS.

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TYPES OF RELAXATION TECHNIQUES

1. Breathing Techniques

Do you know that there are two types of breathing patterns:

- **Diaphragmatic (abdominal) breathing:** This is a type of deep, even breathing that engages your diaphragm, allowing your lungs to expand and creating negative pressure that drives air in through the nose and mouth, filling your lungs. This is the way newborn babies naturally breathe. You're also probably using this pattern of breathing when you're in a relaxed stage of sleep.
- **Thoracic (chest) breathing:** This type of breathing comes from the chest and involves short, rapid breaths. When you're anxious, you might not even be aware that you're breathing this way.



Most people aren't really conscious of the way they're breathing but, generally, if you're breathing properly, your abdomen should expand and contract with each breath.

When people are anxious, they tend to take rapid, shallow breaths that come directly from the chest. Shallow breathing, however, limits the diaphragm's range of motion and the lowest part of the lungs doesn't get a full share of oxygenated air.

Thus, it's especially important to remain aware about your breathing pattern during stressful moments when you're more likely to breathe from your chest – the latter not only can make you feel short of breath and anxious, but it also causes an upset in the body's oxygen and carbon dioxide levels, resulting in increased heart rate, dizziness, muscle tension, and other physical and psychological symptoms.

Diaphragmatic or deep breathing, on the other hand, stimulates the parasympathetic nervous system, often referred to as the "rest and digest" system, which is responsible

for conserving and restoring energy, facilitating a state of relaxation in the body and stimulating the immune and digestive systems. Moreover, deep abdominal breathing encourages full oxygen exchange — that is, the beneficial trade of incoming oxygen for outgoing carbon dioxide. Not surprisingly, it can slow the heartbeat and lower or stabilize blood pressure.

There are a lot of breathing and relaxation exercises you can do to relieve stress and relax your body

and mind. The ones in this guide are simple and can be done at home, at work or outside. For some of them it helps to lie down, or sit, but they will still work if you aren't able to do those things.

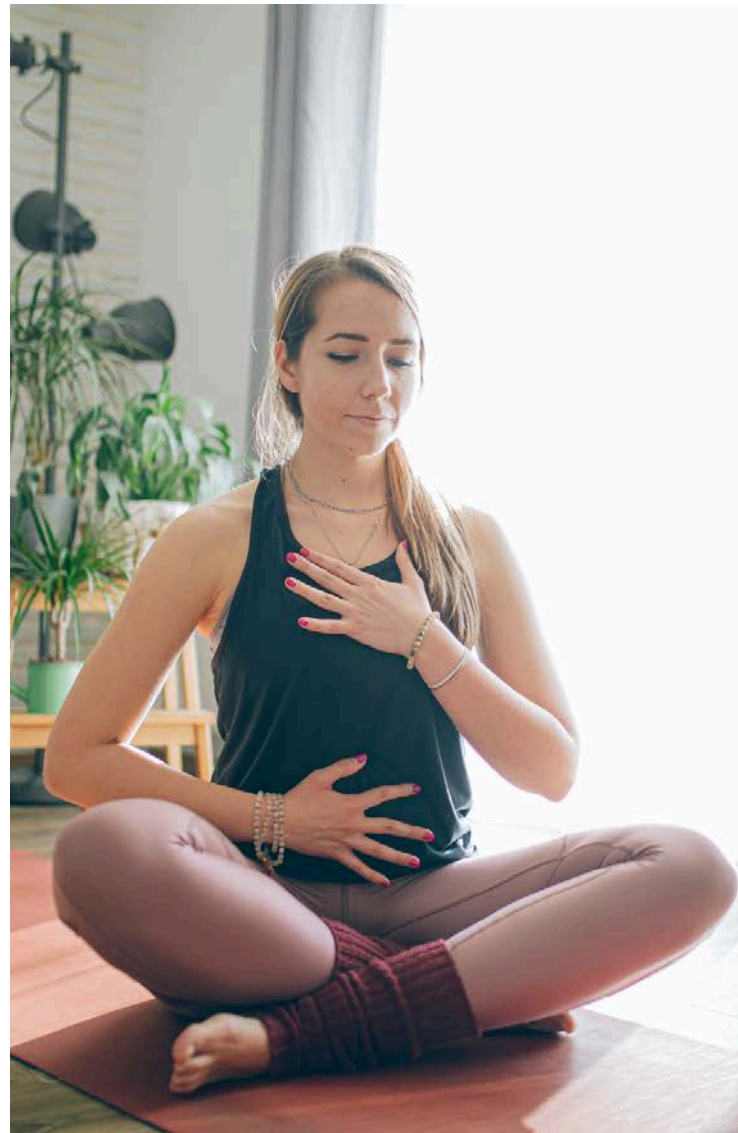
Over time, these exercises can become something you do automatically, whenever you feel tense or stressed. In addition, they can help you become more relaxed and centered in general, once you make them part of your regular routine.



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THE EASIEST WAY TO DETERMINE YOUR BREATHING PATTERN IS TO PUT ONE HAND ON YOUR UPPER ABDOMEN, NEAR THE WAIST, AND THE OTHER IN THE MIDDLE OF YOUR CHEST. AS YOU BREATHE, NOTICE WHICH HAND RAISES THE MOST.

www.verywellmind.com



Before you get started, keep these tips in mind:

- Choose a place to do your breathing exercise. It could be on your bed, on your living room floor, or in a comfortable chair.
- Make yourself as comfortable as you can.
- If you can, loosen any clothes that restrict your breathing.
- If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.
- If you're sitting, place your arms on the chair arms.
- If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.
- Don't force it. This can make you feel more stressed.

Simple breathing exercise

You can do this simple breathing technique standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor:

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first. Over time, you'll increase how long you're able to breathe in and out at a time.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.



Deep Breathing (also diaphragmatic breathing)

While most people take short, shallow breaths into their chest, which can make you feel anxious and zap your energy, with this technique, you'll learn how to take bigger breaths, all the way into your belly:

- Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.
- Breathe in through your nose. Let your belly fill with air.
- Breathe out through your nose or purse your lips and exhale through your mouth.
- Place one hand on your belly. Place the other hand on your chest.
- As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
- Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

Box breathing

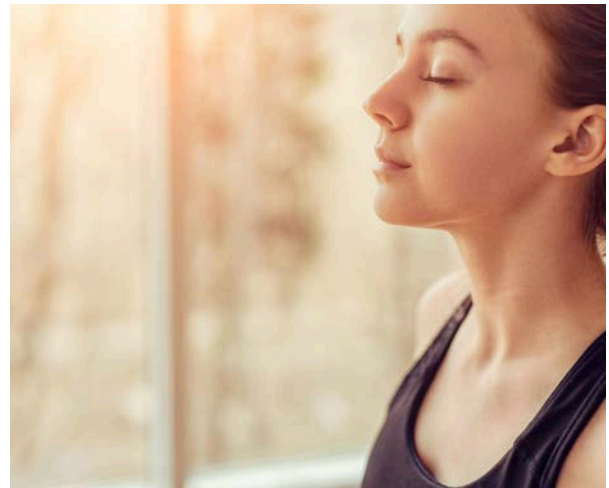
Box breathing, also known as “resetting the breath” or four-square breathing, is easy to do, quick to learn, and can be highly effective in stressful situations:

- Breathe in, counting to four slowly. Feel the air enter your lungs.
- Hold your breath for 4 seconds. Try to avoid inhaling or exhaling.
- Slowly exhale through your mouth for 4 seconds.
- Hold your lungs empty for 4 seconds.
- Repeat until you feel re-centered.

If 4 seconds seems too long or too short, adjust the duration. You should find a breath length that is not too easy and not too difficult. You also don't want it to be too fast or too slow in order to maintain it throughout the practice.

**MANY BREATHING
EXERCISES TAKE ONLY
A FEW MINUTES.**

**WHEN YOU HAVE
MORE TIME, YOU CAN
DO THEM FOR 10
MINUTES OR MORE TO
GET EVEN GREATER
BENEFITS.**

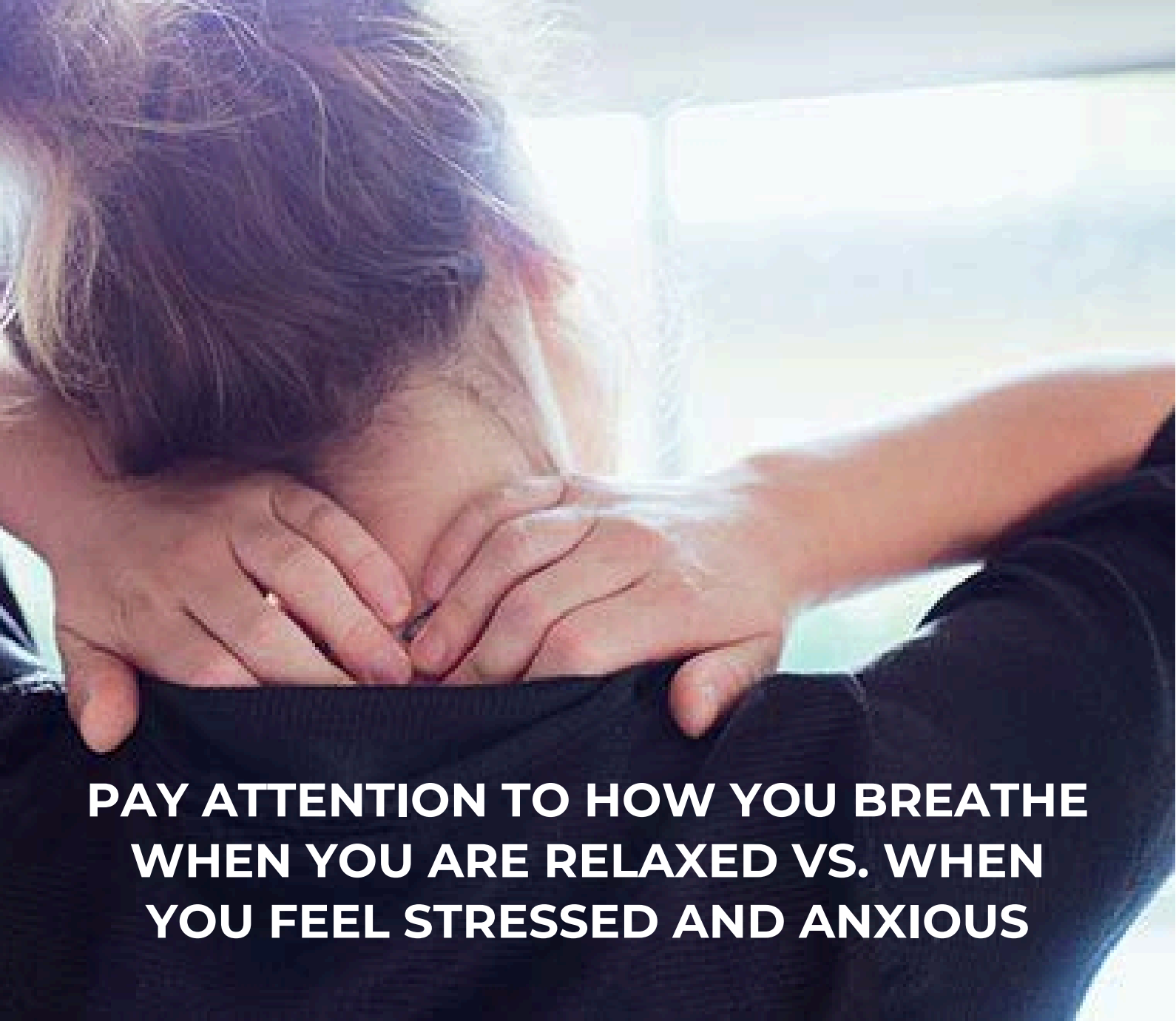


Humming bee breath

This yoga breathing practice's unique sensation helps create instant calm and is especially soothing around your forehead. Some people use humming bee breath to relieve frustration, anxiety, and anger. Of course, you'll want to practice it in a place where you're free to make a humming sound.

- Choose a comfortable seated position.
- Close your eyes and relax your face.
- Place your first fingers on the tragus cartilage that partially covers your ear canal.
- Inhale and gently press your fingers into the cartilage as you exhale.
- Keeping your mouth closed, make a loud humming sound.

Continue for as long as is comfortable.



**PAY ATTENTION TO HOW YOU BREATHE
WHEN YOU ARE RELAXED VS. WHEN
YOU FEEL STRESSED AND ANXIOUS**

PRACTICING BREATH EXERCISES
REGULARLY CAN HELP YOU LEARN TO
CONSCIOUSLY SHIFT TO DEEP BREATHING
WHEN STRESSED, WHICH CAN CALM YOUR
BODY AND INDUCE A RELAXATION
RESPONSE.

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2. Guided Imagery

Once you've mastered deep breathing, you can enhance your practice with guided imagery. This involves visualizing calming scenes and using focus words or phrases to release tension and foster positivity while maintaining deep breathing patterns. Many professionals use guided imagery to alleviate work-related anxiety by interrupting stress-inducing thought patterns. This technique can help manage intrusive thoughts that trigger workplace anxiety.

Here's how to practice guided imagery at work:

- Take a comfortable position and close your eyes.
- Take a few deep breaths.
- Breathe in and imagine the air is filled with peace and calm, spreading throughout your body. Visualize sunlight penetrating your body, filling it with positive energy.
- Breathe out, imagining that stress, pain, and tension are leaving your body. Add a sigh to each exhale if it helps.
- Use a focus word or phrase with your breath. As you inhale, think "Inhaling peace and calm." As you exhale, think "Exhaling stress and tension."
- Continue for 10-20 minutes, optionally with relaxing music in the background.

You can visualize peaceful scenes like lying on the grass, sitting by a lake, or walking on a sunny beach. Visualize achieving goals such as completing a big project, receiving a promotion, or handling a challenging meeting successfully. You can even imagine your body rejuvenating or overcoming stress. Additionally, guided meditation recordings are available online for free, which can help you visualize a calmer, less stressed work environment.



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“TAKE A DEEP
BREATH IN.
NOW LET IT
OUT. YOU MAY
NOTICE A
DIFFERENCE IN
HOW YOU FEEL
ALREADY.

YOUR BREATH
IS A POWERFUL
TOOL TO EASE
STRESS AND
MAKE YOU FEEL
LESS ANXIOUS.”

www.webmd.com





3. Progressive Muscle Relaxation

Progressive Muscle Relaxation is an effective method to address the “fight or flight” symptoms, helping you relax physically and mentally, especially in a work environment.

In this technique, you breathe in while tensing a muscle group and breathe out while releasing it. Tense each muscle without straining. If you have any injuries or pain, skip those areas. Focus on the sensation of tension in each muscle and the feeling of relaxation as you release it. With practice, you'll become more aware of workplace tension and better equipped to relax.

Here's how to practice it at work:

- Sit comfortably in your chair.
- Take a few deep breaths to start.
- Breathe in and tense the muscles of your feet.
- Breathe out and release the tension in your feet.
- Breathe in and tense your calf muscles.
- Breathe out and release the tension in your calves.

Continue this process up your body, including your thighs, buttocks, abdomen, chest, fingers, arms, shoulders, neck, face, and jaw. Each muscle group should be tensed and then relaxed in turn. This practice can be done discreetly at your desk, helping you manage stress throughout your workday.

4. Mindfulness Meditation

Mindfulness meditation is a mental training practice that helps slow down racing thoughts, release negativity, and calm your mind and body. This practice offers several work-related benefits, including stress reduction, improved focus, enhanced immunity, lower heart rate, and better sleep. Here's how to integrate mindfulness meditation into your work routine:

1) Find a quiet and comfortable place: Choose a spot in your office or a quiet corner.

2) Sit or lie in a relaxed position: Ensure you are comfortable.

3) Focus on breathing: Begin by becoming aware of your breath, noticing the sensation of air moving in and out of your body. Feel your belly rise and fall with each breath, and observe the temperature change between inhalation and exhalation. This focus helps anchor you in the present moment.

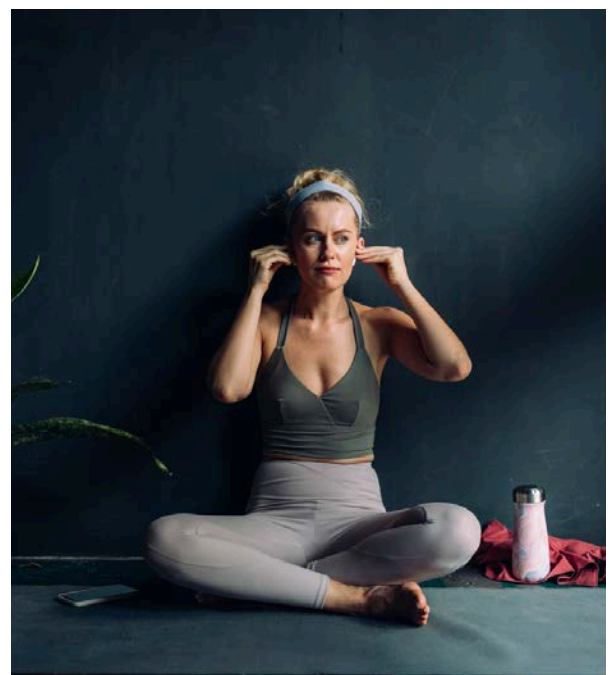
4) Notice your thoughts: The goal isn't to stop your thoughts but to observe them without judgment. When thoughts arise, acknowledge them, remain calm, and use your breathing as an anchor. Imagine your thoughts as clouds passing by, watching them float and shift without engaging with them. This detachment can help reduce anxiety and overthinking.

5) Give yourself a break: If you get carried away by thoughts or emotions, gently return your focus to your breath. The practice of returning to your breath is the essence of mindfulness.

If you need guidance, consider using apps like Calm or Headspace, which offer free meditations and tools to help you stay centered throughout your workday.

Consistency is key, and while some people meditate for longer sessions, even a few minutes every day can make a significant difference. Start with a short, 5-minute meditation session and gradually increase the duration by 10 or 15 minutes until you are comfortable meditating for 30 minutes at a time.

We invite you to discover more about the power of mindfulness in Unit 4-Topic 2 of this training course.





DID YOU KNOW

MINDFULNESS MEDITATION

Mindfulness meditation combines meditation with the practice of mindfulness, which can be defined as a mental state that involves being fully focused on **"the now"** so you can acknowledge and accept your thoughts, feelings, and sensations without judgment."

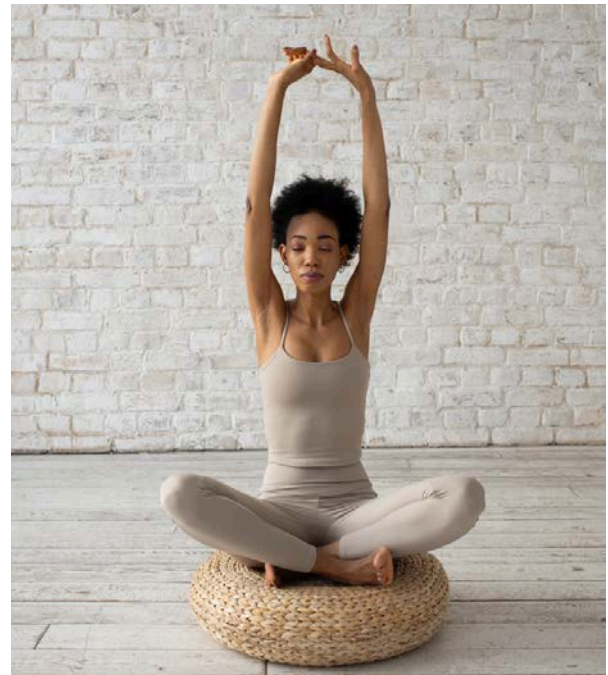
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PRACTICE
MINDFULNESS
CONCIOUSLY

5. Yoga

Yoga is a practice that connects the body, breath, and mind, making it highly beneficial in the workplace. It uses physical postures, breathing exercises, and meditation to improve overall health and well-being. Originally developed as a spiritual practice thousands of years ago, yoga is now widely practiced for its physical benefits, including improved strength, flexibility, and balance. In a work context, yoga can also help reduce stress, enhance sleep quality, and increase energy levels, all of which contribute to a more productive and balanced work life. The most popular styles are:

- **Hatha Yoga:** Focuses on balancing the autonomic nervous system through a combination of strengthening and relaxing poses with an emphasis on breath and movement, suitable for all levels.



- **Vinyasa Yoga:** Involves a dynamic flow of poses coordinated with breath, promoting flexibility, strength, and a seamless transition between movements.
- **Ashtanga Yoga:** A structured and rigorous practice that follows a specific sequence of poses, emphasizing breath, posture, and internal energy locks.
- **Bikram Yoga:** Conducted in a heated room with a set sequence of 26 poses and two breathing exercises, aiming to enhance flexibility, detoxification, and mental focus.
- **Kundalini Yoga:** Focuses on awakening the Kundalini energy through dynamic movements, breathwork, and meditation, aiming to achieve spiritual enlightenment.

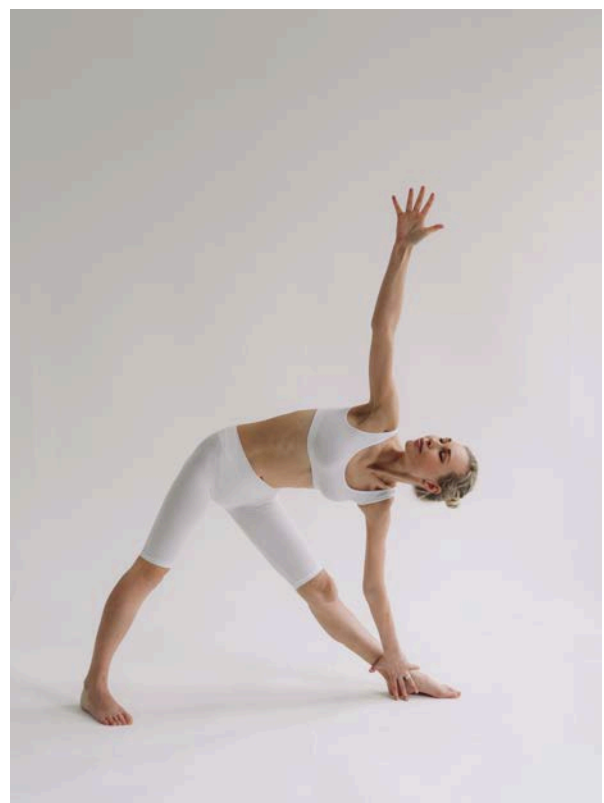
- **Iyengar Yoga:** Emphasizes precise alignment and the use of props to achieve proper posture, making it suitable for individuals of all abilities and ages.
- **Yin Yoga:** Involves passive, long-held poses targeting connective tissues, enhancing flexibility, joint mobility, and promoting a meditative state.
- **Aerial Yoga:** Uses suspended hammocks for unique postures, offering a fun class for beginners to work on inversions, decompress the spine, and experience relaxation.
- **Prenatal Yoga:** Focuses on poses suitable for pregnant women, incorporating gentle movement, breathwork, and poses to reduce discomfort, improve sleep, and enhance overall well-being during pregnancy.

Choose a practice that suits your body needs and capabilities at the moment. The most precious advice you will ever hear regarding your yoga practice is to **listen to your body** and **not push yourself beyond your comfort level!** If you cannot do a pose, ask your teacher to help you modify it. If you feel pain or fatigue, stop and rest.

6. Aromatherapy

Aromatherapy, also known as essential oil therapy, is a holistic treatment used for thousands of years to promote health and well-being. It involves using natural plant extracts, which can be inhaled, diffused in the air, or applied topically.

In the workplace, aromatherapy offers both psychological and physical benefits. Depending on the essential oil, it can improve mood, promote relaxation, and reduce stress, which are essential for maintaining a productive work environment. Additionally, aromatherapy can stimulate the immune system, ease pain and muscle tension, and boost circulation, contributing to overall employee wellness.



The following five essential oils can be of great support in combating stress:

- **Lavender:** Known for its calming and relaxing properties, reduces anxiety and promotes better sleep.
- **Bergamot:** A citrusy oil that reduces stress and enhances mood.
- **Chamomile:** A calming oil that helps quell anxiety and promotes relaxation.
- **Ylang-Ylang:** A floral oil that reduces stress and encourages relaxation.
- **Frankincense:** Used for centuries to induce relaxation and as an effective way to manage stress.

Many people share that inhaling the aroma from their lavender bottle helps them manage stressful situations during the day at work or dropping 1-2 drops of bergamot oil while taking a shower helps them release the accumulated tension after a long working day.

Two important tips to consider are to:

- use certified 100% essential oils and avoid synthetics;
- as well as to always dilute the oil or use a carrier, such as lotion, when applying directly onto your body.



7. Journaling

Journaling can be an effective tool for managing workplace stress. By writing down and assessing problems, fears, and concerns, you can prioritize and tackle work-related issues more effectively. Tracking daily symptoms can help identify triggers and develop strategies to control them.

Additionally, journaling encourages positive self-talk and helps identify negative thoughts and behaviors.

When faced with work-related stress, keeping a journal can help pinpoint the causes of your anxiety. Once identified, you can create a plan to resolve these issues and reduce your stress, leading to a more productive and balanced work life.

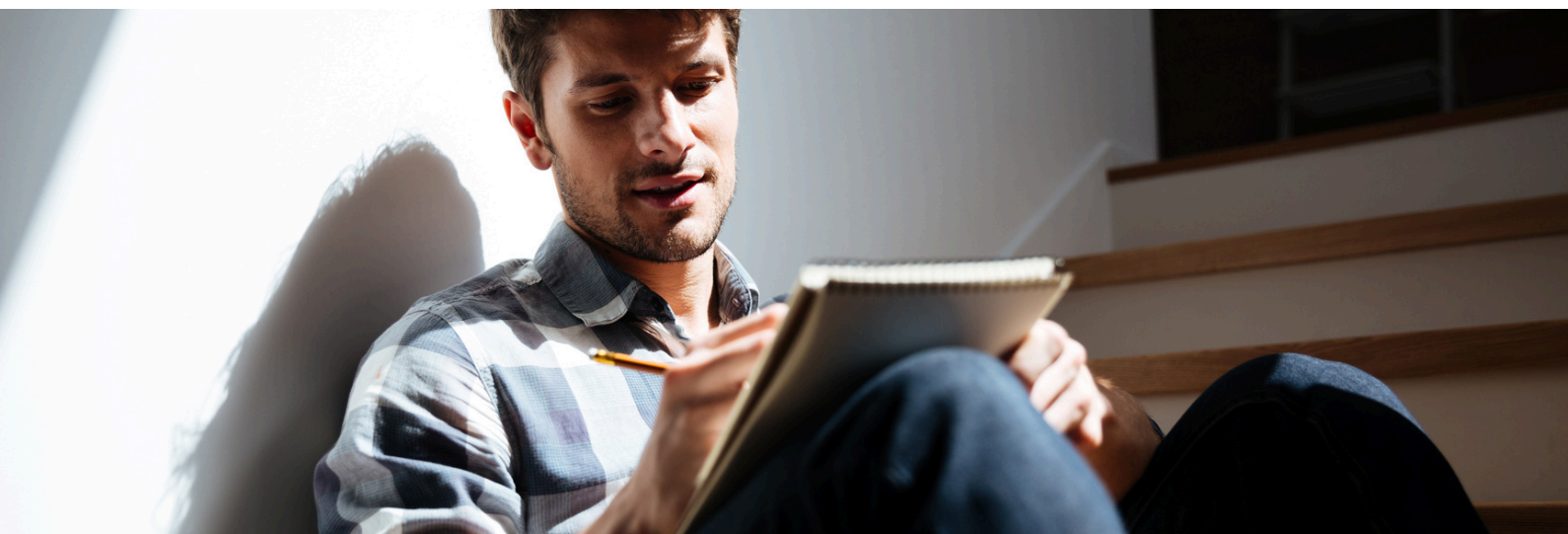


IF YOU STRUGGLE WITH STRESS,
DEPRESSION, OR ANXIETY, KEEPING A
JOURNAL CAN BE A GREAT IDEA.
JOURNALING CAN HELP YOU GAIN
CONTROL OF YOUR EMOTIONS AND
IMPROVE YOUR MENTAL HEALTH.

www.urmc.rochester.edu

Here are several tips to help you get started with work-related journaling:

- **Write Regularly:** Set aside a few minutes each day to write. This helps establish a consistent journaling habit.
- **Make it Accessible:** Keep a pen and paper handy or use a journal app on your smartphone. This way, you can jot down thoughts whenever they arise.
- **Express Freely:** Your journal doesn't need a specific structure. It's a private space to express your feelings and ideas without worrying about spelling mistakes or judgments.
- **Use as Needed:** Your journal is for you. Share it only if you wish, with trusted colleagues or friends. It's your tool for reflection and clarity.



Many people find that journaling brings order to chaotic work situations. Combining it with other relaxation techniques, like mindfulness or breathing exercises, can enhance its benefits. Even on its own, journaling helps you understand your deeper thoughts and feelings, providing valuable insights into workplace stressors.

Personal Relaxation Time: View your journaling time as a moment to de-stress. Choose a relaxing spot, perhaps with a cup of tea or quiet music in your lunch break, and enjoy this time as a positive practice for your mind and body.

Remember, journaling isn't just for stressful times. Use it to brainstorm new ideas or reflect on successes and challenges. For more inspiration on what to write about, explore the Experiential Activity section below.



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The relaxation response is a state of profound rest that can be elicited in many ways, including meditation, yoga, and progressive muscle relaxation.

www.health.harvard.edu

GOOD VS. BAD PRACTICES

In practicing the presented Relaxation techniques (or any other for that matter) you can find yourself trying too hard and ruin the experience. Here's a few things to pay attention to.



GOOD PRACTICE:

- Practicing breathing exercises every day.
- Including in your daily routine more than one relaxation technique.
- Practicing at a quiet and comfortable place.
- Monitoring your breathing during the day.



BAD PRACTICE:

- Trying too hard to practice the chosen technique.
- Continuing even when experiencing discomfort or pain.
- Practicing only when stressed or exhausted.
- Leaving your practice as a last priority for the day.

BEST PRACTICES

Integrating relaxation techniques into your work routine

Here are the best tips to help you integrate relaxation techniques into your work routine:

- Begin with just 5 minutes a day, and increase your time as the exercise becomes easier and more comfortable.
- If 5 minutes feels too long, start with just 2 minutes.
- Practice multiple times a day. Schedule set times or practice conscious breathing as you feel the need.
- Don't try too hard. That may just cause you to tense up.
- Don't be too passive, either. The key to eliciting the relaxation response lies in shifting your focus from stressors to deeper, calmer rhythms — and having a focal point is essential.
- If possible, choose a special place where you can sit (or lie down) comfortably and quietly.
- Try several different relaxation techniques to see which one works best for you.
- If your favorite approach fails to engage you, or you want some variety, try a different one.
- Combine more than one technique of different kind (e.g. breathing practice or meditation + yoga or journaling).
- Discontinue the practice if you experience any feelings of discomfort or agitation.

If you want to learn more about breathing practices, you can always consult a respiratory therapist or a yoga teacher who specializes in breathing practices.

PRACTICAL ACTIVITY #1



Lion's breath

Lion's breath is an energizing yoga breathing practice that is said to relieve tension in your chest, jaw and face. Follow the following steps to try it out!

- Come into a comfortable seated position. You can sit back on your heels or cross your legs.
- Press your palms against your knees with your fingers spread wide.
- Inhale deeply through your nose and open your eyes wide.
- At the same time, open your mouth wide and stick out your tongue, bringing the tip down toward your chin.
- Contract the muscles at the front of your throat as you exhale out through your mouth by making a long “haaa” sound.
- You can turn your gaze to look at the space between your eyebrows or the tip of your nose.

Repeat this sequence 2 to 3 times.

PRACTICAL ACTIVITY #2



Alternate nostril breathing

This is a breathing practice for relaxation, which has been shown to enhance cardiovascular function and lower heart rate.

The practice involves blocking off one nostril at a time as you breathe through the other, alternating between nostrils in a regular pattern. It's best to practice this type of anxiety-relieving breathing in a seated position in order to maintain your posture. It is best practiced on an empty stomach. Avoid it if you're feeling sick or congested. Keep your breath smooth and even throughout the practice.



Rest your left hand in your lap and raise your right hand.



Position your right hand by bending your pointer and middle fingers into your palm, leaving your thumb, ring finger, and pinky extended.



Close your eyes or softly gaze downward.



Inhale and exhale to begin.



Close off your right nostril with your thumb.



Inhale through your left nostril.



Close off your left nostril with your ring finger.



Open and exhale through your right nostril.



Inhale through your right nostril.



Close off your right nostril with your thumb.



Open and exhale through your left nostril.



Inhale through your left nostril.

Work up to 10 rounds of this breathing pattern. If you begin to feel lightheaded, take a break by releasing both nostrils and breathing normally.

EXPERIENTIAL ACTIVITY

JOURNALING

One of the relaxation techniques that we reviewed above is journaling.

Do you remember we noted that journaling is not about the 'bad' days only, but for 'good' days as well?

Yet, if you are short of ideas what to write about, we have prepared some prompts for you to get you started.

Pro tip: Use the StressOut mobile app's integrated feature for journaling.



GET STARTED BY:

Ideas for journaling:

1. List three things you'd like to tell a friend or colleague or manager right now.
2. Write three things you love about yourself.
3. What are you grateful for at this moment?
4. What is your favorite childhood memory?
5. Who do you trust the most and why?
6. What is one of your biggest regrets and what can you learn from it?

ASSESSMENT

01.

Which is NOT correct regarding the “fight or flight” response?

- ☐ A- It is essential for our survival.
- ☐ B- The more often we experience it, the more successful we are.
- ☐ C- It can be maladaptive in the current era, leading people to chronic stress, anxiety and burnout.

03.

What is the typical breathing pattern when people are stressed?

- ☐ A- abdominal breathing
- ☐ B- deep breathing
- ☐ C- chest, shallow breathing

02.

What is mindfulness?

- ☐ A- The practice of being present and fully engaged in the current moment
- ☐ B- Listening to calming music for relaxation
- ☐ C- A form of vigorous physical exercise

04.

Which of the following is NOT a benefit of practicing relaxation techniques?

- ☐ A- improved sleep quality
- ☐ B- enhanced concentration and focus
- ☐ C- increased risk of cardiovascular disease

ASSESSMENT

05.

Which of the following is NOT a benefit of aromatherapy?

- ☐ A- reduced stress and anxiety
- ☐ B- increased risk of allergic reactions
- ☐ C- improved respiratory function

06.

When is it best to practice breathing techniques?

- ☐ A- regularly, at similar time
- ☐ B- only when stressed
- ☐ C- always in the morning

07.

Which of the following is a benefit of practicing journaling?

- ☐ A- destabilized emotional state
- ☐ B- enhanced self-reflection and self-awareness
- ☐ C- decreased written communication skills

08.

When can a relaxation technique be somewhat dangerous?

- ☐ A- When practiced in solitude.
- ☐ B- When used as a complementary approach to manage stress
- ☐ C- When overused or misused, and especially when pain occurs.

ASSESSMENT ANSWERS

1-B

2-A

3-C

4-C

5-B

6-A

7-B

8-C

KEY TAKEAWAYS

01

Stress is a common phenomenon in the 21st century! Don't panic if you feel constantly stressed and overwhelmed, try to implement a relaxation technique in your routine instead!

02

Before you conclude that this is not for you, after you've tried (once) a relaxation technique that did not appeal to you, give yourself some time and experiment with another one!

03

Do not be too harsh towards yourself if you feel that you have not mastered the chosen technique in a week or two. The purpose of the practice is not to be an expert in itself, but to be more relaxed in your life!

04

Remember that mindfulness is all about being present and non-judgmental? You do not need to sit for a meditation to practice it, try to implement it in any mundane daily activity. What thoughts come to mind, what impulses you have, and how you feel about it...

05

It is not only easier to stick to a routine but it is also much more enjoyable if you can share the experience with someone else! There might be more people in your community practicing some form of a relaxation technique than you expect!

RESOURCE LIBRARY

Explore these curated resources to deepen your understanding of yoga, aromatherapy, and journaling - proven practices for relaxation, stress management, and overall well-being.



MORE ABOUT TYPES OF YOGA:

Yoga is a very popular way to relax, meditate and exercise. It is certainly applicable in the aspects of stress management and general well being. We've complied the following resources for you to learn more.

[VISIT WEBSITE](#)[VISIT WEBSITE](#)[VISIT WEBSITE](#)[VISIT WEBSITE](#)[WATCH ON YOUTUBE](#)

MORE ABOUT AROMATHERAPY:

Regardless of your gender, or the fact you've just heard about aromatherapy or you are already very much into it, we suggest you try it again and again. We've compiled the following resources for you to learn more.

[VISIT WEBSITE](#)[VISIT WEBSITE](#)[VISIT WEBSITE](#)[VISIT WEBSITE](#)[VISIT WEBSITE](#)[WATCH ON YOUTUBE](#)

MORE ABOUT JOURNALING:

We've talked about the benefits of journaling for multiple times within this training course. It is just that much essential for managing stress. It works. We've compiled the following resources for you to learn more.

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REFERENCES

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