



A2.2 – Educative resources for teachers

Title << Lesson Materials >>

Module: EMPOWERMENT IN CARE FOR WELL-BEING

Sub-Module: Applied Relaxation Methods



Introduction

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|---------------------------|--|
| Module | EMPOWERMENT IN CARE FOR WELL-BEING |
| Sub-module | Applied Relaxation Methods |
| Lesson nr. | #1 |
| Duration (minutes) | 225 (135 minutes workshop, 90 minutes independent work at home) |
| Date | |

Lesson Outcomes

Recognition of the importance of relaxation for achieving balance and well-being.

- Understanding the importance of planned relaxation to achieve well-being
- Identifying opportunities for relaxation and rest
- Use of individual relaxation methods suitable for caregiver and for user

Practical work – workshops - (3 hours)

Understanding the importance of planned relaxation to achieve well-being

1. When faced with numerous responsibilities and tasks or the demands of an illness, relaxation techniques may not be a priority in life.
2. Practicing relaxation techniques can have many benefits.



Practical work – workshops - (3 hours)

3. To get the most benefit, use relaxation techniques along with other positive coping methods, such as thinking positively, finding humor, problem-solving, managing time, exercising, getting enough sleep, and reaching out to supportive family and friends.
4. In general, relaxation techniques involve refocusing your attention on something calming and increasing awareness of your body. It doesn't matter which relaxation technique you choose. What matters is that you try to practice relaxation regularly to reap its benefits.

Practical work – workshops - (3 hours)

What does relaxation mean to me?

What does relaxation mean to me as a caregiver?

Differences?

Similarities?



Practical work – workshops - (3 hours)

Answer the question:

What relaxes me?

★ Change Your Mind(set) ★



-Don't think of STRESS as:

- a threat
- a demoralizer
- pressure
- overwhelming
- debilitating

-Don't focus on problems

-Don't fight stress

+Do think of STRESS as:

- a challenge
- a motivator
- an opportunity
- manageable
- energizing

+Do focus on possibilities

+Do embrace stress



Practical work – workshops - (3 hours)

Types of relaxation techniques include:

Autogenic relaxation. Autogenic means something that comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress.

You repeat words or suggestions in your mind that may help you relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one.

Practical work – workshops - (3 hours)

Progressive muscle relaxation. In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group.

This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations.

In one method of progressive muscle relaxation, you start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat.

Practical work – workshops - (3 hours)

Visualization. In this relaxation technique, you may form mental images to take a visual journey to a peaceful, calming place or situation.

To relax using visualization, try to incorporate as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body.

You may want to close your eyes, sit in a quiet spot, loosen any tight clothing, and concentrate on your breathing. Aim to focus on the present and think positive thoughts.

Practical work – workshops - (3 hours)

Other relaxation techniques may include:

- Deep breathing
- Massage
- Meditation
- Tai chi
- Yoga
- Biofeedback
- Music and art therapy
- Aromatherapy
- Hydrotherapy



Practical work – workshops - (3 hours)

Remember!

1. Relaxation techniques are skills.
2. You will improve with practice.
3. Identifying opportunities for relaxation.
4. Exercise regularly.
5. Find a technique that suits you and fits your lifestyle.



Independent work at home (2 hours)

1. Find a technique that suits your user.
2. Make a list.
3. Practice selected technique or relaxation method or more of them with your user.





GIVINGCARE
Empowering Caregivers

Thank you!

Teachers's name

Teachers e-mail

Date of the session

