

Resources

Music

'Relaxation & Meditation with Music and Nature: Ocean Voyage' (from Surrey Library)

'Relaxation Method Audio' from Positive Coping with Health Conditions online: comh.ca/pchc

Books (Surrey Public Library)

'You Breathe Easy' by Michael Roizan (*Audiobook*)

'Simply, One Breathe at a Time' by Eugene Walker

'Complete Relaxation' by Denise Linn (*Audiobook*)

Resources

Websites

Positive Coping with Health Conditions workbook



comh.ca/pchc

Dartmouth Health Promotion



dartmouth.edu/~healthed/programs/relaxation

UCLA Health guided meditation



marc.ucla.edu/mindful-meditations

MIT Medical sleep resources



medical.mit.edu/community/sleep/resources

University of Maryland relaxation techniques



ummidtown.org/programs/sleep/patients/relaxation

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www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #265419 (January 2017)
To order: patienteduc.fraserhealth.ca

Relaxation for the Body and Mind

Pain Management Clinic

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It's a healthy choice





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Benefits of relaxation

- ✓ Less muscle tension
- ✓ Lower blood pressure
- ✓ Slows breathing rate
- ✓ Slows down heart rate
- ✓ Improves sleep

You will:

- ✓ Have more energy
- ✓ Improve your mood
- ✓ Have inner peace and balance
- ✓ Manage stress better
- ✓ Cope with pain better
- ✓ Have fewer flare-ups

Goals of relaxation

- ✓ To be physically relaxed
- ✓ To be mentally alert

Ways to relax the body and mind

Relaxation breathing:

1. Breathe in to the count of 1-2-3.
Both your chest and belly should expand.
2. Hold your breath for 1-2-3.
3. Breathe out with lips apart 1-2-3-4
4. Rest for 1-2-3.
5. Repeat these steps.

Muscle relaxation:

1. Sit on a chair.



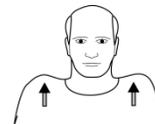
2. Scrunch up your face then relax it.



3. Tense your arm muscles then relax them.



4. Tense up your shoulders then relax them.



5. Tense up your leg muscles then relax them.



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Mind and Body relaxation:

1. Imagine your body is warm and heavy.
2. Do your relaxation breathing.



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Imagery relaxation:

1. Close your eyes.
2. Picture a relaxing scene such as a beach, a meadow, or another peaceful place.
3. Do your relaxation breathing.



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