



Level 2

Relaxation Techniques

STUDENT WORKSHEETS

Sample!



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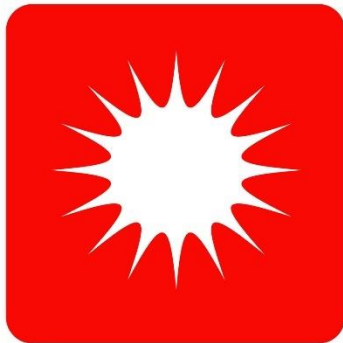
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A. Your Health

1. While you are doing this course, consider your **overall health**. Look at the diagram below:

THE SIX BEST DOCTORS



SUNSHINE



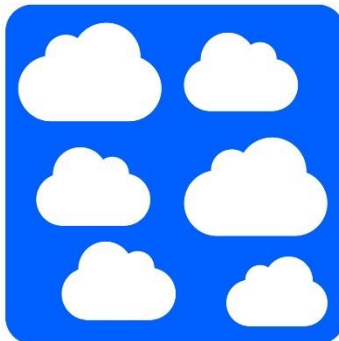
WATER



REST



EXERCISE



CLEAN AIR



DIET

2. Name one way in which you can work on each of these:

- a) Sunshine _____
- b) Water _____
- c) Rest _____
- d) Exercise _____
- e) Clean air _____
- f) Diet _____

A. Benefits of Relaxation

There are many health benefits of relaxation!

1. Use the words to complete the phrases about the benefits:

pain, rate, mood, normal, feelings, food, Improving,
muscles, heart, energy, stress, blood



a) Slowing _____ rate

b) Lowering _____ pressure

c) Slowing your breathing

d) Improving digestion of

e) Maintaining _____ blood
sugar levels

f) Reducing activity of _____ hormones

g) Increasing blood flow to major _____

h) Reducing muscle tension and chronic _____

i) Improving concentration and _____

j) _____ the quality of sleep

k) Lowering fatigue, giving you more _____

l) Reducing negative _____ like anger and frustration

m) Boosting confidence to handle problems

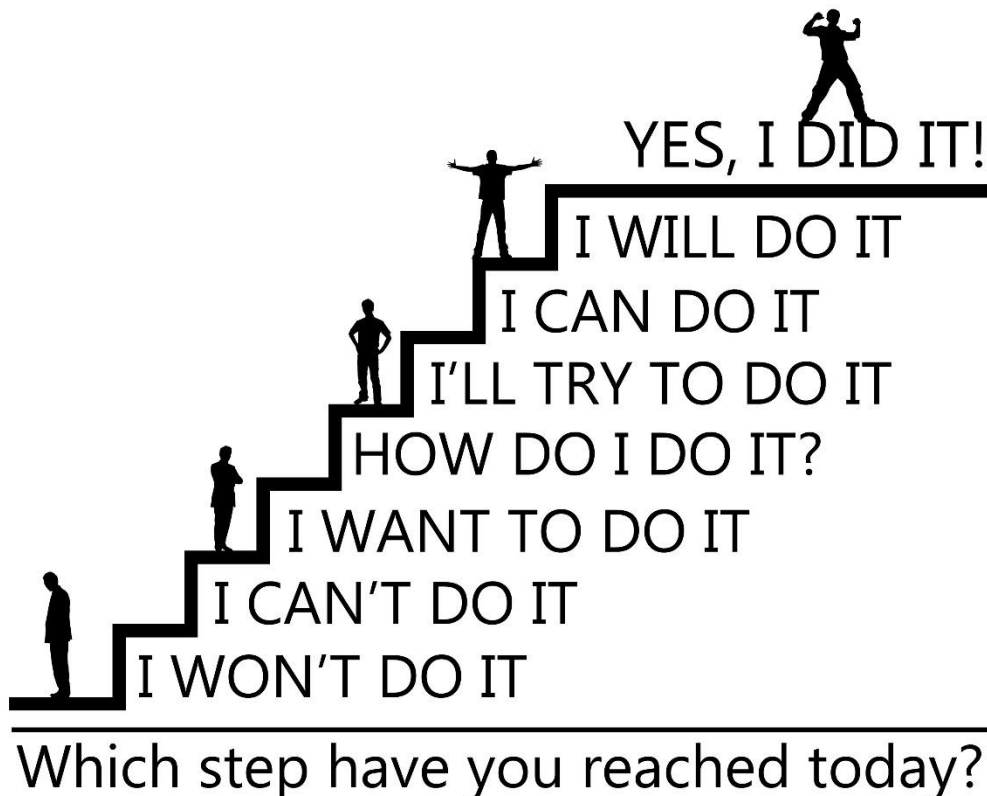
Level 2 Relaxation Techniques

11. Complete the sentences about other relaxation techniques:

yourself, help, care, goals, Taking

- a) Setting practical _____ for solving problems will help you to get things done.
- b) Getting organised, e.g. planning your time, making a schedule, can _____ you to take charge.
- c) _____ breaks gives you "me time."
- d) If you take good _____ of yourself, it will help you to manage your stress.
- e) Hobbies can be very enjoyable and help you to feel good about _____.

12. As a group, talk about the diagram below and how you can use it to achieve a relaxation goal!



B. Benefits of Sleep

I. Complete the sentences:

Sleep, better, moody, falls, worker, good,
with, regular, fight, enjoy

- a) Sleep helps _____ learning and memory.
- b) _____ can help keep your weight stable.
- c) A lack of sleep can cause _____, mistakes and accidents.
- d) A lack of sleep can make you impatient and _____.
- e) Too little sleep can make you too tired to do the things you _____.
- f) You are likely to be a better _____ when you sleep well.
- g) Sleep can help you have a _____ heartbeat.
- h) Sleep can help your body to _____ disease.
- i) Sleep can help you make _____ decisions.
- j) Sleep can help you to concentrate _____.



Think in the morning. Act in
the noon. Eat in the evening.
Sleep in the night.

William Blake

Laugh and the world laughs
with you, snore and you sleep
alone.

Anthony Burgess

A. Breathing Techniques

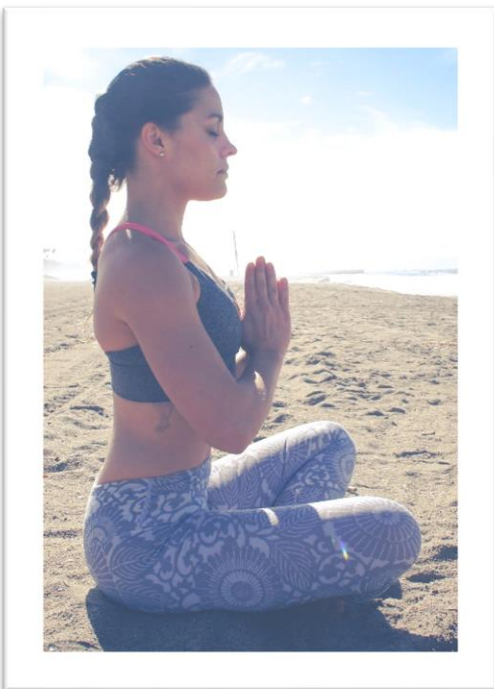
Can you control your breathing? It takes a lot of attention and awareness to get your body used to breathing a certain way. Practise the different breathing techniques to find the ones that suit you best.

Why use controlled breathing? Complete the sentences:

you, mind, stress, calm, think

- a) It is one of the best techniques to ease _____.
- b) It keeps the _____ and body working at its best.
- c) It helps you to _____ clearly.
- d) It gives you a feeling of _____.
- e) It helps _____ to relax.

There are a few breathing techniques for you to try.



- Your teacher will read the instructions to you.
- Follow the teacher's instructions.
- Practise the breathing techniques.
- Find the breathing technique/s that work best for you.
- Breathing techniques can be used at any time of the day, so it is well worth learning to use them!

Breathing Exercise 3

Though it can seem slightly hard in the beginning to control the breath, be patient and the body and mind will help train the breath control. It is also called the 'ocean wave of breathing'.

Method

1. Place one hand on your chest and the other on your stomach.
2. Take a deep breath in through the nose, ensuring the diaphragm (and not the chest) inflates with enough air to create a **stretch** in the lungs.
3. Pause 2-3 seconds after inhalation and exhalation.

Tips

- Do a round of 8-10 deep, slow breaths per minute.
- Try a minimum of five minutes each day.
- Imagine an ocean wave splashing on the shore and retracting.

Benefits

- Lowers blood pressure
- Helps with relieving tension
- Increases lung capacity
- Improves digestion
- Aids in regulating the natural rhythm of your heart
- Improves oxygen absorption
- Detoxes your whole body



When to use it

- Before a stressful event, e.g. test, interview

Your experience

- a) Did you follow the instructions? _____
b) How did this breathing exercise make you feel?

- c) Would you use this technique again? _____

✓

Teacher Verification	
Signature	
Date	



B. Walking

Aerobic exercise of any kind has the power to relieve stress.

Method

1. Dress comfortably. Put on good walking shoes / runners.
2. Walk for 20- to 30-minutes. If you are a complete beginner, start with whatever you are comfortable with, e.g. 10 minutes.
3. You can take a comfortable stroll or a brisk walk, whatever suits your fitness level.

Tips

- Walk as often as you can.
- Walk with others.
- Walk somewhere scenic if possible!
- Use your mind while you're moving your body. Be aware of the sights and sounds around you as you walk.
- Pay attention to your footsteps.

Benefits

- Relieves stress
- Calms nerves
- Enhances self-esteem
- Combats depression
- Improves mood
- Release of endorphins, potent brain chemicals that relieve pain and stimulate relaxation
- Gives you a sense of calm and well-being
- Invokes positive feelings



When to do it

- As often as possible
- When you are stressed, nervous or anxious



C. Mindfulness Meditation

Mindfulness is being fully engaged in the present moment, without “over-thinking” the experience. Instead of worrying about the future or living in the past, mindfulness meditation moves the focus to what’s happening right now.



Method

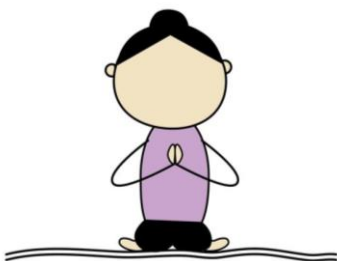
A basic mindfulness exercise:

1. Sit on a chair or cross-legged on the floor. Have good posture.
2. Focus on an aspect of your breathing, for example, the feeling of air flowing into your nostrils and out of your mouth, or your stomach rising and falling as you inhale and exhale.
3. Once you’ve narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and your ideas.
4. Embrace and consider each thought or sensation without judging; not seeing it as good or bad. If your mind starts to race or wander to worries, return your focus to your breathing.
5. Then expand your awareness again.
6. Keep practising!

Tips

To practice mindfulness meditation, you’ll need:

- A quiet environment
- A comfortable position (avoid lying down though as you might fall asleep!)
 - A point of focus, for example, a feeling, imaginary scene, something in your surroundings, or a meaningful word / phrase that you repeat throughout
 - An observant, noncritical attitude (don’t worry about distracting thoughts that go through your mind; if thoughts intrude during your meditation, don’t fight them, just gently turn your attention back to your point of focus)



D. Other Stress Soothers

See Appendix 2
for a Journal
Template.

1. If you are feeling agitated:

- Hit the "Pause" button.

This means: leave your phone aside, leave the computer alone, switch off the TV/radio, don't engage in unnecessary conversation, have some quiet time and switch off!

What could you do to hit the 'pause' button?



2. If things are getting you down:

- Accept what is.



This means: If you are feeling overwhelmed about finances, high bills, or things you see as 'out of control', then regain control. Own whatever part you have brought to a situation and remind yourself not to do it again! But don't beat yourself up about it. We are responsible, at least partly, for both the good and the bad that happens in our lives. Accepting responsibility means taking control, and that can be soothing! Think of practical ways to deal with it, no matter how uncomfortable it may be.

Name one thing you can learn to accept.

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3. When you can't forget about your problems

- Change your attitude.

What this means: Find other ways to think about stressful situations. "Life is 10% what happens to us, and 90% how we react to it. Say to yourself: "I can handle it" or "This will be over soon".

Write a positive statement you could say to yourself:

4. Complete the wordsearch:

o g s l e e p l u s w c v a c
h u m o u r e l a x a t i o n
g u d p p m g r k l l g u x w
s n e r m i o b g f k h n i f
u b c v e n a r r u i o q b f
p e l f d d l e a n n b m c a
p x u c i f s a t f g b a y m
o e t p t u b t e r j y s c i
r r t n a l a h f i o k s l l
t c e a t n l i u e u g a i y
q i r t i e a n l n r g g n u
q s x u o s n g n d n t e g i
a e v r n s c z e s a r e a d
w a t e r q e h s q l p e t s
v v i s u a l i s a t i o n b

relaxation	pets
meditation	balance
breathing	gratefulness
mindfulness	read
sleep	fun
walking	hobby
cycling	journal
exercise	declutter
water	goals
visualisation	support
humour	
family	
friends	
nature	
massage	



A. Group Discussion on Life's Problems

1. Talk about some common everyday stressful situations:



2. Did you take part in the group discussion?
3. Name some common worries that people have:

✓

Teacher Verification	
Signature	
Date	

B. Dealing with Stressful Situations

1. Complete the sentences:

calm, Think, doing, help, plan, life, down, much, stressful



When you are faced with a stressful situation, it is very easy to worry, be fearful, get stressed and panic. Some stress is good for you but too much can result in you being unable to think straight, inaction and poor performance.

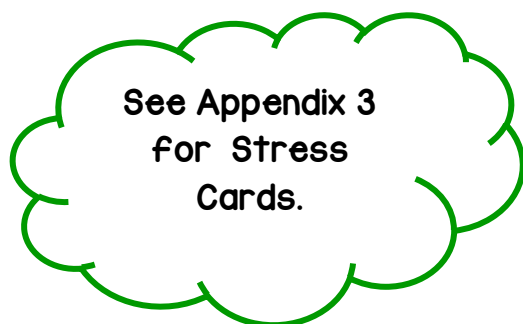
- a) Be well prepared - at work and in your personal _____.
- b) Look after yourself. If you are in good mental and physical shape you will be more able to handle a _____ situation.
- c) Keep yourself _____.
- d) _____ positively.
- e) Find out as _____ information as possible about the stressful situation so you can have a good understanding.
- f) It is easy to rush into taking action but first of all, make a _____ of what you need to do.
- g) Take action as you will feel better when you are _____ something to resolve the situation.
- h) Write things _____.
- i) Ask for _____. You do not have to face problems alone.



Level 2 Relaxation Techniques

2. Match the stressful situation and what you think is the best strategy:

- | | |
|--|-------------------------|
| a) You have no time to relax. | Join a club. |
| b) You have an argument with a friend. | Eat healthy. |
| c) You have restless energy. | Adjust your standards. |
| d) You can't get everything perfect. | Have work-life balance. |
| e) You need to talk to someone. | Prioritise chores. |
| f) You have no friends. | Forgive others. |
| g) You have too many chores to do. | Go for a walk. |
| h) You are feeling too tired to do anything. | Visit a friend. |



APPENDIX 1: RELAXATION TECHNIQUES

Relaxation Technique	Yes	No	Your comment
Sunshine			
Water			
Rest			
Exercise			
Clean air			
Healthy diet			
Group discussion			
Deep breathing			
Tai chi			
Yoga			
Meditation			
Mindfulness meditation			
Positive thinking			
Humour			
Support from family, friends			
Sleep			
Time management			
Problem-solving			
Setting goals			
Being organised			
Healthy living			
Hobbies			
Nature			
Muscle relaxation			
Visualisation			
Reiki			
Body scan meditation			
Massage			
Walking			
Work-life balance			
Spending time with pets			
Daily schedule			
Acceptance			
Music			
Gratitude			
Journal			
Having fun			
Decluttering			



Mapping of Learning Outcomes

1. Identify the benefits of relaxation to personal and interpersonal life, their mind, their body their work life and their home life. Page 6 (your health), Pages 7 to 11 (stress in everyday life, symptoms of stress, discussion on how we perceive things), Pages 12 to 22 (benefits of relaxation, e.g. physical and mental health, deep breathing, Tai chi, yoga, meditation, other positive coping methods), Pages 23 and 24 (benefits of sleep)
2. Research and look at a variety of relaxation techniques, breathing exercise, meditation, walking, yoga, and see how they help to relax and calm the mind and the body. Page 26 (different relaxation techniques), Pages 27 to 31 (deep breathing, breathing exercises), Pages 32 to 34 (visualisation), Pages 35 to 36 (muscle relaxation), Pages 37 and 38 (face self-massage), Pages 39 and 40 (walking), Pages 41 to 43 (Tai chi), Pages 44 to 47 (yoga), Pages 49 to 50 (mindfulness meditation), Pages 51 to 52 (body scan meditation), Page 53 (Reiki), Pages 54 to 56 (healthy living), Page 57 (work-life balance), Page 58 (daily schedule), Pages 59 to 67 (other stress soothers)
3. Practice a range of relaxation techniques in real life circumstances, e.g. breathing exercises when under pressure at work or at home. Pages 28 to 31 (breathing exercises), Pages 32 to 34 (visualisation), Pages 35 to 36 (muscle relaxation), Pages 37 and 38 (face self-massage), Pages 39 and 40 (walking), Pages 42 and 43 (Tai chi), Pages 44 to 46 (yoga), Pages 49 to 50 (mindfulness meditation), Pages 51 to 52 (body scan meditation), Pages 54 to 56 (healthy living), Page 58 (daily schedule), Page 66 (stress soothers table)
4. Identify a range of situations in which the ability to relax has been helpful to de-stress and deal with it. Page 69 (life's problems - discussion), Pages 70 to 75 (dealing with stress, solutions to real-life problems, strategies, stress relievers, stress relief kit), Page 84 (Appendix 3: Stress cards)

5. Evaluate the success in own personal life where using relaxation techniques helped to deal with different situations at home and at work. Pages 76 to 78 (identifying relaxation techniques, identifying successes), Page 81 (Appendix 1: Relaxation techniques checklist), Pages 82 and 83 (Appendix 2: Relaxation techniques journal)