



10. Pull your shoulders forward with your arm at your side. Increase then relax for 3 seconds (repeat 3 times).

11. Hip / thigh / calves – press the floor to increase tension hold on for 5 seconds then relax for 3 seconds (repeat 3 times).



12. Toes – move them towards you. Hold on for 5 seconds then relax for 3 seconds (repeat 3 times).



BREATHING EXERCISES

- ◆ By breathing the right way, you will be able to relax well.

HOW TO DO BREATHING EXERCISES

1. Inhale slowly for 4-5 seconds. (push out your stomach)
2. Hold your breath for 4-5 seconds.
3. Exhale slowly for 4-5 second. (push in your stomach)
4. Repeat step 1 - 3 for 5 ties.
5. Carry out the above exercise at least 3 times a day.

**REMEMBER,
PRACTICE MAKES
PERFECT.**

REFERENCES

- Reference :
1. <http://www.healthtoday.com> (retrieved on Dec 10, 2008)
 2. Assoc. Prof. Stephen Jambunathan (Dept. of Psy. Med.)

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Relaxation Therapy



A Simple way for you to

RELAX

WHAT IS RELAXATION ???

Relaxation is a technique to help an individual reduce bodily tension, anxiety, heart rate, blood pressure and overall sympathetic responses that occur when an individual is over aroused.

HOW TO DO RELAXATION EXERCISE

“Progressive muscular relaxation”

- ◆ Find a quiet and relaxing place. Lie down or sit on comfortable chair (with back rest).

1. Clear your mind, focus on your breathing.

2. Eyes – increase tension on your eyes muscles 3 seconds.



3. Jaw – clench your teeth for 5 seconds then relax for 3 seconds (3x).



4. Tongue- press tongue against the roof of your mouth for 5 seconds then relax for 3 seconds (repeat 3 times).



5. Neck – turn neck gently as far to the right. Hold on for 5 seconds. Back to original position then rest 3 seconds. Turn neck gently as far to the left (repeat 3 times).



6. Shoulders – lift shoulders up as if trying to cover ears. Slowly increase the tension, hold for 5 seconds and rest for 3 seconds (repeat 3 times).



8. Hands – make a fist. Slowly increase the tension. Hold for 5 seconds then slowly release. Rest for 3 seconds (repeat 3 times).



7. Arms – flex elbows slowly increase tension. Hold on for 5 seconds then slowly release. Rest for 3 seconds (repeat 3 times).



9. Chest – breathe in deeply. Hold for 5 seconds and then relax for 3 seconds (repeat 3 times).



“Relaxation therapy produce a healthy body and reduce feeling uneasy” -

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