

# Relaxation and Calm



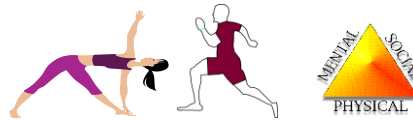
## Step 1: Relaxation Techniques

Learning to relax your body will help you to combat the symptoms of anxiety and anxiety attacks, such as racing heartbeat, sweating, tremors and muscle tension, as well as depression, grief, fatigue. Learn techniques such as:

<ul style="list-style-type: none"><li>➤ <b>Containment</b></li><li>➤ <b>Muscle relaxation</b></li><li>➤ <b>Deep breathing</b></li><li>➤ <b>Guided imagery</b></li><li>➤ <b>Peaceful Place</b></li><li>➤ <b>Reading</b></li><li>➤ <b>Prayer</b></li><li>➤ <b>Meditation</b></li></ul>	<ul style="list-style-type: none"><li>➤ <b>Aroma therapy</b></li><li>➤ <b>Massage</b></li><li>➤ <b>Pedicure</b></li><li>➤ <b>Listening to music</b></li><li>➤ <b>Taking a bath or warm shower</b></li><li>➤ <b>Spending time with friends, family</b></li></ul>
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***"I am leaving you with a gift-peace of mind and heart . . . So don't be troubled or afraid."*** (John 14:27 NLT)

## Step 2: Exercise Mind & Body



Exercising is always recommended for keeping your body fit and healthy. A healthy body will also have a positive effect on your psychological health, AND psychological health has a positive impact physically. Physically, this can mean exercising at home, walking around the block, parking further away from your destination and walking, joining a gym, swimming, dancing while cleaning your house, sit-ups, etc. Get creative! Exercising the mind involves our Cognitive Triangle (Thought Emotion Behavior). We must stay engaged with what we Think, leads to what we Feel, leads to what we Do. Think on things worthy of healthy thought: True, Excellent, Noble, Right, Pure, Lovely, Admirable, & Praiseworthy! (Philippians 4:8)

***"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;"*** (1 Corinth 6:19 NIV)

***And remember...."Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next."*** (1Timothy 4:8 GNT)

## Step 3: Sleep



You should also ensure that you get sufficient sleep each night, and daily rest for your body as needed, such as short naps or "cat naps". A relaxed, calm, safe environment, where you can get uninterrupted rest for your body to recuperate at night, is important. Some people need 8 hours, some only need 5-6; determine what is best for you. Identify your sleep regimen and evaluate. Jesus rested....so we should too.

***"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."***  
(Matthew 11:28 NLT)



#### Step 4: **Balanced Diet**

A balanced diet is essential to providing your body with the necessary nutrients needed to function optimally. Eating from the four food groups is still the best formula providing sufficient nutrition. Vitamins can also enhance your health. Discuss with your pharmacist or physician to obtain the most updated information tailored to your nutritional needs.

***So, whether you eat or drink, or whatever you do, do all to the glory of God***  
(1 Corinthians 10:31 ESV)



#### Step 5: **Seek Emotional Support**

It is important to recognize anxiety, and not be afraid to seek help from your family, friends, and/or therapist. Support groups are also a good alternative to share and learn from others who suffer from the same anxiety, stressors, and/or illness.

***"A cheerful heart is good medicine, but a broken spirit saps a person's strength."***  
(Proverbs 17:22 NLT)



#### Step 6: **Self Monitoring**

You know yourself best, and this makes self monitoring a highly effective process. Once you have identified the reason of your anxiety, worry, frustration, then seek to identify the triggers that foster your anxiety. This will help when assessing alternatives or solutions to avoid or solve possible situations which will trigger an attack.

***"Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you?....."*** (2 Corinthians 13:5 NIV)

***"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."*** (1 Peter 5:8 ESV)

***"I command you-be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go."*** (Joshua 1:9)

#### Step 7: **CELEBRATE Successes....no matter how small!!**

***"Give thanks to the LORD, for he is good; his love endures forever."***  
(Psalm 107:1 NIV)