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# Relaxation Techniques

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. **The client/caregiver can demonstrate quiet breathing technique.**
  - A. Assume a comfortable sitting position.
  - B. Take a deep, slow breath.
  - C. As you exhale, envision all your tensions and anxieties flowing outward with each breath.
  - D. Repeat as needed.
  
- II. **The client/caregiver can demonstrate progressive relaxation.**
  - A. Assume a comfortable sitting position; close your eyes.
  - B. Take slow deep breaths, with the exhalation taking longer than the inhalation.
  - C. Continue slow breathing, feeling the tension leaving your body and its becoming heavy.
  - D. Perform progressive relaxation of muscles by tightening muscles during inspiration and relaxing muscles during expiration.
  - E. Begin with muscles in feet and progress upward through the body muscles through every muscle group.
  
- III. **The client/caregiver can demonstrate use of mental imagery.**
  - A. Assume a comfortable sitting position.
  - B. Use your imagination to experience a pleasant place or event.
  - C. Using all your senses, smell the pleasant smells. Feel the warmth or softness. Taste something pleasant. See the pleasant surroundings, and hear the pleasant sounds.
  
- IV. **The client/caregiver can demonstrate autogenic training.**
  - A. Assume a comfortable sitting position.
  - B. Take several slow, deep breaths.

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- C. Have someone say these phrases in a slow monotonous tone three times, and then you say them silently and begin to relax.
  - 1. My right arm is heavy and warm.
  - 2. My left arm is heavy and warm.
  - 3. My forehead is cool and my face is relaxed.
  - 4. My neck and shoulders are warm and heavy.
  - 5. My breathing is slow and steady.
  - 6. My heartbeat is slow and steady.
  - 7. My entire body is warm and relaxed.
  
- V. **The client/caregiver can describe the thought-stopping technique.**
  - A. Identify a few very pleasant experiences.
  - B. Whenever an unpleasant thought enters your mind, say “stop.”
  - C. Begin thinking about a pleasant experience.
  - D. As this process is repeated, it will become habit forming.
  
- VI. **The client/caregiver can demonstrate massage therapy.**
  - A. Use warm lotion with massage to relax muscles.
  - B. Use a gliding light stroke to relax muscles.
  - C. Use strong, circular movements to loosen tight muscles and to improve circulation.
  - D. Use a kneading-type motion to relax tight muscles.

**REFERENCES**

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