

Relaxation



**Northern
Ireland
Hospice**



Why use relaxation?

Dealing with any illness can be difficult and cause anxiety. Relaxation is an important way to maintain a feeling of well being. It helps the body and mind become relaxed and calm.

Relaxation techniques can help:

- Promote a sense of well being.
- Help control feelings of anxiety, tension and anger.
- Improve quality of sleep.
- Help the management of pain.
- Help reduce physical symptoms of nausea and pain.

Relaxation techniques

The Occupational Therapist (OT) can inform you of the different types of relaxation techniques available and help select a relaxation type which best suits your needs, symptoms and preferences. Relaxation can be offered on an individual or group basis.

Types available:

1. Breathing exercises.
2. Muscle relaxation - each muscle group is tensed and then relaxed.
3. Relaxing imagery - you are encouraged to use your imagination and think of positive images to relax.
4. Guided suggestive techniques- teaches the body and mind to respond to verbal commands to relax.
5. Complementary therapy may be appropriate to help enhance relaxation.

Enhancing relaxation

Preparation is important:

1. Allow plenty of time for the session.
2. Try to ensure there will be no interruptions.
3. Find a quiet place, preferably away from distractions.

To begin:

- Make sure you are sitting or lying comfortably.
- Play relaxing music or just sit in silence. A relaxation CD can be provided by the OT department.
- You may like to include family, friends or carers in the session, so that the relaxation experience can be shared.
- Finish a relaxation session slowly and controlled as a sudden change in position may cause light headedness.

If at any stage during relaxation, light headedness is experienced or muscle cramp during the tensing of muscles, advice should be sought from the OT.

Relaxation techniques are skills that need to be learned and become part of a daily routine so you become more confident and competent in their use. Without regular practise the full benefit of relaxation will not be experienced.

Appointments

If you would like to book an appointment please contact a member of the Hospice team who will be happy to make arrangements with the Occupational Therapist.

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to continue
caring



There is no charge for hospice care. It is available on the basis of need. We depend mainly upon legacies and donations to provide this service. From making a donation, to taking part in an event, or leaving us a gift in your Will, find out how you can help more patients receive the care and support they need. Visit nihospice.org or contact our fundraising team on **028 9078 1836** or email fundraising@nihospice.org

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