

Anxiety: Relaxation Techniques

Topic : #304

Category: Behaviors



Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Anxiety can be controlled in up to 90% of cases with cognitive/behavior therapies, medications, and relaxation techniques.

Uncontrolled, anxiety can lead to major health problems and disruptive sleep patterns. Try these relaxation techniques:

1. Controlled Breathing:

Breathe in through your nose, out through your mouth. Breathe from your diaphragm, not your chest. It helps to stay focused if you think a word upon inhaling/exhaling, such as peace/calm.

Also try counting 1-2-3-4 as you inhale, 1-2-3-4 as you hold your breath, and 1-2-3-4 as you exhale.

2. Visual Imagery:

Have a visual anchor such as a calm beach or gently moving clouds. Close your eyes and picture this image. If your mind wanders, repeat a word or scripture verse. See Section D Relaxations and Guided Prayers for example).

3. Sounds/Music:

Play relaxing music or a calming sounds such as nature, ocean, or rain. Close your eyes and repeat a meaningful word or scripture .

Progressive Muscle Relaxation:

_Apply tension to certain muscle groups, then stop the tension and notice how the muscles relax. Through repetition you recognize the difference between tensed/relaxed muscles. Find videos at youtube.com. (See Section D)

Group Participation: Try a few of these techniques out in group.

Discuss words, phrases, or scripture verses that could be used. Try these verses: John 14:27, Phil. 4:7, Gal. 5:22, Matt. 11:28, Psalm 103:1, Zeph 3:17.

(1) Borchard, Therese J. *12 Best Anxiety Busters*, beliefnet.com Web. Last accessed August 22, 2010.

(2) Lucado, Max, *Max Lucado on How to Overcome Fear*, beliefnet.com. Web. Last accessed August 22, 2010.

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