

Lessons in a Bag- Relaxation Techniques

Progressive Muscle Relaxation

<https://www.youtube.com/watch?v=jjkpm805UNQ>

Open link for background music and refer to the progressive muscle relaxation script handout

Discussion questions:

- On a scale of 1 to 10, 1 being not stressed and 10 being extremely stressed, what would you rate your stress level at this moment in time and why?
- What relaxation strategies have you used in the past?
- Do you believe that relaxation techniques help you in any way? Why or why not?
- When would you most likely perform this type of exercise and why?

Activity:

- Perform progressive muscle relaxation with one person reading the script as others participate while the reader is ensuring to have a calm tone of voice to ensue the feelings of relaxing.
 - Provide alternative ways of discovering different types of ways to perform this exercise independently through exploring YouTube videos and scripts
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Mindfulness Exercises

Refer to worksheets provided to educate what mindfulness is and how one can practice different types of mindfulness exercises

Discussion questions:

- Have you ever heard of the concept of mindfulness? What are your thoughts on what you believe mindfulness is?
- Would you be able to perform mindfulness techniques independently or would you feel more comfortable performing mindfulness with others?
- When could/would you perform these types of exercises?

Activity:

- Review handouts on what mindfulness is, as well as reviewing the 4 exercises that are described in the handout, and practicing mindfulness meditation with final handout