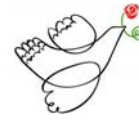


# THE MARIAN CENTRE

Growth through choice and understanding



## RELAXATION GROUP

### What is the Marian Centre?

The Centre is a new Mental health centre. It is in the Medical Precinct in Subiaco. It will bring the best in proven techniques for all psychological symptoms that our patients suffer.

### What is the Relaxation Group?

The Relaxation Group is designed to help you learn different relaxation techniques that will help to reduce anxiety & stress.

### What is Relaxation Training?

Relaxation is the voluntary letting go of tension. This tension can be physical tension in the muscles or it can be mental or psychological tension.

During relaxation, the nerves in the muscles change the types of signals that they send to the brain. These different signals bring about a general feeling of calmness, both physically and mentally.

Muscle relaxation has a widespread effect on the nervous system and therefore can be seen as a physical treatment, as well as a psychological treatment.

### How will relaxation training help you?

Relaxation training can help to:

- Reduce muscle tension & general levels of arousal
- Reduce generalized anxiety & stress
- Reduce the frequency & severity of panic attacks
- Lower blood pressure
- Lower cholesterol
- Decrease heart rate
- Decrease respiration rate
- Decrease metabolic rate and oxygen consumption
- Decrease analytical thinking & worry
- Improve sleep
- Increase energy and productivity
- Improve concentration and memory
- Improve your immune system
- Prevent and or reduce psychosomatic disorders such as hypertension, migraines, headaches, asthma, ulcers etc.
- Increase self confidence and reduce self blame
- Increase availability of feelings. Muscle tension is one of the chief impediments to an awareness of your feelings.

**In summary relaxation can help you to produce a QUIET MIND & a QUIET BODY**

### What will you do in the Relaxation Group?

A number of different relaxation techniques are used in the group. The group leader will take you through a live relaxation script. It is up to you whether you lie down on a relaxation mat or sit up in a chair.

The group leader will introduce the relaxation technique & provide some background. As it is important to monitor your practice, you will be asked to complete a relaxation practice record that will chart your progress.

### What relaxation techniques are covered in the group?

A number of different relaxation techniques are used at the Centre. These include:

- Progressive Muscle
- Meditation
- Mindfulness
- Autogenic
- Guided Imagery
- Visualisation
- Breathing

### Who is the group suitable for?

The Relaxation Group is suitable for anyone who needs to learn ways to reduce their level of tension, stress & anxiety. In effect relaxation can benefit to just about everyone.

**For further information please contact Ms. Carrie Price, Senior Occupational Therapist on 9380 4999**