

## ACTIVITY 1

# Visual Relaxation

*Read steps 1-3 before beginning.*

### Instructions:

1. Take Blood Pressure and write result on your Participant Results Form.
2. Stay in a comfortable relaxed seated position. Take a deep breath, and view each photo in this section of the binder (a suggested amount of time is 5 seconds.) Turn each page slowly, taking time to observe the elements of the photo that feel peaceful and relaxing. Relax your eyes and imagine yourself in the places pictured. Take as much time as feels comfortable – not too quickly, not too slowly.
3. Take Blood Pressure again and write result on your Participants Results Form.

### WHY THIS WORKS...

The relaxation response is perhaps one of the most important skills you will use to gain control over your body. The National Institutes of Health (NIH) recognizes the relaxation response as having broad health benefits including the reduction of pain and restoration of sleep. In addition, research on the relaxation response has shown that this simple technique can: increase energy, decrease fatigue as well as increase arousal from a drowsy state. It can increase motivation, productivity, and improve decision-making ability. The relaxation response lowers stress hormone levels and lowers blood pressure.

Source: <http://www.med.umich.edu/painresearch/patients/Relaxation.pdf>





























