Relaxation

Techniques used to relax;
- Music
- Breathing techniques
- Imagery
- PMR
- Stretching/Movement patterns
- Self-talk (Chilton, 2015)

Anxiety reduction techniques
- Somatic anxiety (physical)
- Cognitive anxiety (mental)

Somatic anxiety
“perceptions of physiological state in response to stressful situation performers find themselves in”

Cognitive anxiety
“(or worry) is characterized by fear of failure and negative expectations about performance”

• Anxiety-performance link
  - Muscular tension
  - Co-ordination difficulties
  - Attention difficulties
  - Edgy/waste energy
  - Feeling knackered

PMR (Jacobson, 1938)
- Tensing and relaxing progresses from one muscle group to the next until all muscle groups are relaxed
- 30 minutes

Abbreviated active PMR
- shortened version due to combining muscle groups
- tense 5-10 seconds – release 30-40 seconds

Passive PR
- Relax muscles without tensing

“Turn your attention to your dominant hand. Just tune in on how this hand feels. Become aware of any tension that might be in and let go of the tension – even more and more. Let go of all the muscles in your dominant hand. Allow it gradually to become looser and heavier. Think about letting go further.”