

## 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.”**

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