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**每個人喜歡的放鬆方法或有不同。請嘗試每種不同的方法，並為其評分（滿分10分），然後選擇最適合你的方法。**







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| ***全身肌肉繃緊*** | **分數**(滿分10分) |
| 繃緊全身肌肉，然後維持緊繃狀態。在不感覺疼痛的情況下持續維持緊繃狀態。慢慢放鬆，緊張的感覺逐漸離開身體。重複三次。 |  |
| **想象空氣是雲** | **分數**(滿分10分) |
| 善用想象力，專注於你的呼吸。隨著呼吸逐漸緩和規律，將空氣想象成雲朵：雲朵充滿身體，然後走出體外。可以將雲朵想象成某個特定的顏色。 |  |
| **眼睛聚焦於一個地方** | **分數**(滿分10分) |
| 頭部打正、眼睛直視，身體放鬆，選定一個地方後將目光集中於該處（此時雙眼睜開）。準備好後，呼吸5次，逐次從5倒數回来：每呼吸一次，眼睛就稍微閉合。仔細留意自己的每一次呼吸。倒數到1時，眼睛已完全閉合。此時留意全身放鬆的感覺。 |  |
| **邊呼吸邊由10逐次倒數回來** | **分數**(滿分10分) |
| 讓自己感覺對任何事都蠻不在乎，邊呼吸邊由10逐次慢慢倒數至1。每呼吸一次，讓自己感覺越來越沉重，越來越放鬆。每吐一口氣，就讓緊繃的感覺離開身體。. |  |
| **想象事物的改變：選一個適合你的，或自己編一個新的** | **分數**(滿分10分) |
| **當你想到.... 請想象....**纏繞很緊的兩條繩子  兩條繩子慢慢解開強烈寒風凜凜吹來  寒風逐漸變暖，風勢逐漸變溫和堅硬、冰冷的蠟  蠟逐漸變軟熔化僵硬、發紅的肌肉  發紅的肌肉變軟或顏色逐漸轉為粉紅色 |  |
| **積極認定：選一個適合你的，或自己編一個新的** | **分數**(滿分10分) |
| 慢慢地深呼吸….  不適的感覺即將消失…..消失吧讓壓力逐漸離開….  我有能力應付這個問題我很冷靜、很放鬆，可以應付任何問題  放鬆下顎，放鬆雙肩  |  |

**GP Notes: Quick Relaxation Techniques**



Background Notes for Prescribers

Relaxation has been described as ‘a state of consciousness characterised by feelings of peace and release from tension, anxiety and fear’. The term is usually taken to mean either lack of muscle tension or lack of inner ‘mental tension’.

Early relaxation techniques often involved progressive muscle relaxation with attention

to breathing, such as Jacobsen’s progressive relaxation, first described in the late

1930s.

It is now recognised that there is a myriad of techniques to suit different personality types and problems. Some people also encounter problems with ‘letting go’ and can become panicky when they try and relax. This needs to be discussed and a different type of relaxation technique considered.

It is helpful to find out what happens to the individual when they are tense:

 *How does he/she know they are tense?*

 *What happens first? What next?*

 *What helps? What doesn’t?*

 *Have they had problems with previous attempts at relaxation.*

It is also helpful to know the individual’s style: *Do they like to picture things? Read things? Listen to things? Do something?*

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