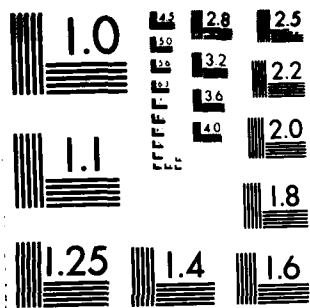


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AIR COMMAND AND STAFF COLLEGE

STUDENT REPORT

RELAXATION TECHNIQUES

MAJOR ROYETTA MARCONI-DOOLEY 85-1725

"insights into tomorrow"

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REPORT NUMBER 85-1725

TITLE RELAXATION TECHNIQUES

AUTHOR(S) MAJOR ROYETTA MARCONI-DOOLEY, USAF, BSC

FACULTY ADVISOR MAJOR RICHARD HARTSON, ACSC/EDOWB

SPONSOR LT COL ROBERT FOWLER, AWC/EDRL

Submitted to the faculty in partial fulfillment of
requirements for graduation.

AIR COMMAND AND STAFF COLLEGE
AIR UNIVERSITY
MAXWELL AFB, AL 36112

UNCLASSIFIED

SECURITY CLASSIFICATION OF THIS PAGE

REPORT DOCUMENTATION PAGE

1a. REPORT SECURITY CLASSIFICATION UNCLASSIFIED		1b. RESTRICTIVE MARKINGS	
2a. SECURITY CLASSIFICATION AUTHORITY		3. DISTRIBUTION/AVAILABILITY OF REPORT	
2b. DECLASSIFICATION/DOWNGRADING SCHEDULE			
4. PERFORMING ORGANIZATION REPORT NUMBER(S) 85-1725		5. MONITORING ORGANIZATION REPORT NUMBER(S)	
6a. NAME OF PERFORMING ORGANIZATION ACSC/EDCC	6b. OFFICE SYMBOL (If applicable)	7a. NAME OF MONITORING ORGANIZATION	
6c. ADDRESS (City, State and ZIP Code) Maxwell AFB AL 36112		7b. ADDRESS (City, State and ZIP Code)	
8a. NAME OF FUNDING/SPONSORING ORGANIZATION	8b. OFFICE SYMBOL (If applicable)	9. PROCUREMENT INSTRUMENT IDENTIFICATION NUMBER	
8c. ADDRESS (City, State and ZIP Code)		10. SOURCE OF FUNDING NOS.	
11. TITLE (Include Security Classification) RELAXATION TECHNIQUES		PROGRAM ELEMENT NO.	TASK NO.
		PROJECT NO.	WORK UNIT NO.
12. PERSONAL AUTHOR(S) Marconi-Dooley, Royetta, Major, USAF, BSC			
13a. TYPE OF REPORT	13b. TIME COVERED FROM _____ TO _____	14. DATE OF REPORT (Yr., Mo., Day) 1985 April	15. PAGE COUNT 36
16. SUPPLEMENTARY NOTATION			
17. COSATI CODES		18. SUBJECT TERMS (Continue on reverse if necessary and identify by block number)	
FIELD	GROUP	SUB. GR.	
19. ABSTRACT (Continue on reverse if necessary and identify by block number) The project consists of two parts, the written text and the videotape. The text describes how the project idea was formulated, the sources of data used, and how the videotape script was developed. The script describes the concept of relaxation techniques, and the techniques of deep breathing, progressive muscle relaxation, and visualization. Then through a short demonstration, the viewer has the opportunity to experience each of these three techniques. The videotape is used in the Air War College (AWC) noontime film series in conjunction with the AWC Executive Health Assessment and Fitness block of instruction. The videotape can, however, be used to introduce relaxation techniques to any adult.			
20. DISTRIBUTION/AVAILABILITY OF ABSTRACT UNCLASSIFIED UNLIMITED ☐ SAME AS RPT. ☒ OTIC USERS ☐		21. ABSTRACT SECURITY CLASSIFICATION UNCLASSIFIED	
22a. NAME OF RESPONSIBLE INDIVIDUAL ACSC/EDCC Maxwell AFB AL 36112		22b. TELEPHONE NUMBER (Include Area Code) (205) 293-2483	22c. OFFICE SYMBOL

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PREFACE

The author developed this project to introduce students at the Air War College (AWC), Air University, Maxwell Air Force Base, AL., to three relaxation techniques used to reduce levels of personal stress. The videotape will be shown in the AWC noontime film series in conjunction with the Executive Health Assessment and Fitness block of instruction.

The project consists of two parts, the written project and the videotape. The written project's first chapter describes how the author formulated the idea for the project, the sources of data she used, and how she developed the videotape script. She uses the Instructional System Development (ISD) process, outlined in Air Force Manual 50-2, to describe how she developed the teaching material in the videotape. The second chapter is the annotated script. In it the author introduces the concept of relaxation techniques and describes the techniques of deep breathing, progressive muscle relaxation, and visualization. Then through a short demonstration, she gives the students the opportunity to experience each of these three techniques.

This videotape may be obtained by contacting Air University Television, Bldg. 1405, Maxwell AFB, AL 36112.

The author wishes to thank Lieutenant Colonel Robert Fowler for sponsoring this project, Major Richard Hartson for diligently editing each draft and the men of ACSC Seminar A-11 (Mix 1) and AWC Seminar 15 (Mix 1) for encouraging the author to introduce relaxation techniques to other military officers through this videotape. Special thanks and love goes to the author's husband, Pat, for his patience, sense of humor and time-sharing on the computer.

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ABOUT THE AUTHOR

Major Royetta Marconi-Dooley entered the Air Force in 1973. She is a clinical social worker with a Bachelor of Arts Degree in Psychology and Master's Degree in Social Work from Arizona State University, Tempe Arizona. Working in the areas of Family Advocacy, mental health evaluations and therapy, and marital and sexual therapy, she has had tours in mental health clinics, a major medical center, and overseas. In 1982 she received her national certification as a sex therapist from the American Association of Sex Educators, Counselors, and Therapists. In addition to developing workshops for social work graduate students and family practice residents on sexual dysfunction and treatment, she frequently speaks to groups in both the on and off base communities. The most popular subject is her presentation on "Coping With Stress" which includes a demonstration of relaxation techniques similar to the one in the script of this project. She has taught relaxation techniques for the past ten years and has found more and more people requesting to learn these techniques as part of their management of personal stress.

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Chapter One

PROJECT DEVELOPMENT

INTRODUCTION

In this chapter, the author will discuss the origins of the project, the sources she used, and the development of the material for the videotape script. In discussing the development, the author used the Instructional Development System (ISD) described in Air Force Manual 50-2.

BACKGROUND

The origins of this project are straightforward. The author gave a similar presentation of relaxation techniques to her Air Command and Staff College (ACSC) seminar during the stress management section of the Leadership phase of instruction. Everyone in the seminar found the techniques easy to learn and effective in helping them to experience some level of relaxation during the demonstration. They suggested that information about these techniques be made available to a wider range of course officers since stress was something everyone could learn to deal with more effectively.

The author spoke with the leadership phase managers at ACSC about incorporating this type of material into the curriculum on stress management, but they were working with the people at the School of Aerospace Medicine at Brooks AFB, TX. to update their material. They weren't sure if relaxation techniques would fit in with the new curriculum suggestions from Brooks, and declined to sponsor the project.

The author then contacted Lieutenant Colonel Fowler, director of the Air War College (AWC) Executive Health Assessment and Fitness Program, and presented her idea of making a video tape of relaxation techniques that could be used either for the curriculum or for the AWC noontime film

series. Lt.Col Fowler was very receptive and agreed to sponsor this project to produce a videotape for the noontime film series.

SOURCES OF DATA

The author used two sources of information for this project. The first included published materials such as books and periodicals. She used publications aimed at health care professionals to describe the research and development as well as medical and psychological uses of relaxation techniques. These provided credibility for the concept of using relaxation techniques for managing stress. She also used articles from current magazines and books geared to the general public to emphasize the practical use of the techniques.

The second source was the author's clinical experience. As a clinical social worker, she has taught relaxation techniques since 1975, and this videotape was based on a format she used in both clinical practice and when speaking to groups on coping with stress. The format is a combination of three techniques. First is deep breathing, the simple act of slowly and rhythmically inhaling and exhaling to promote a feeling of relaxation that is used in yoga, LaMaze childbirth, and hypnosis. The second is progressive muscle relaxation, a technique of tensing and relaxing muscle groups in order to achieve a deeper state of relaxation, developed by Dr. Edmund Jacobson in 1934 at Harvard University (2:3). Thirdly is visualization, where the individual increases the level of relaxation by picturing a pleasant place or scene in his or her mind's eye. The author first presents a brief description of each technique and then, through a short demonstration, provides the audience the opportunity to experience these techniques.

The above format used in the videotape insured a positive learning experience for the individuals. Deep breathing is a simple technique to learn and can become the cue to "unwind" whenever one begins to feel tense. Deep breathing can be done virtually anytime and without having to stop what you're doing. The individuals were usually surprised at how easily deep breathing initiated a feeling of relaxation and were motivated to continue. Next they learned to relax specific muscle groups. Since most people have made a fist when they are tense or frustrated, they are familiar with creating tension. They learned to create the sensation of relaxation in their muscles instead. This

again was a new and positive feeling for the individuals. Once proficient at this technique, they could tense and relax a certain group of muscles where they tended to hold tension, such as the shoulders and neck, and could reduce or prevent tension related pain, such as tension headaches. While some individuals find it very easy to visualize a scene, many people find that this technique may take more practice to master; therefore, the author uses it as the third technique. (In her clinical practice, the author found avid readers, who are used to conjuring vivid mental images, the most proficient in using visualization as a primary relaxation technique.) If they find visualization easy to do, they have had three positive experiences during the demonstration. If, however, they need more practice with visualization to use it as a relaxation technique, they still have had positive experiences with the first two techniques.

INSTRUCTIONAL SYSTEM DEVELOPMENT PROCESS

Overview

The Instructional Systems Development (ISD) process, as described in Air Force Manual 50-2, explains five areas for developing, conducting, and evaluation of academic instructional materials. The author used the ISD process as a way of describing how she developed this videotape presentation to augment the AWC noontime film series.

Analysis of System Requirements

The Air War College Executive Health Assessment and Fitness Program readings briefly address the concept of relaxation as a means of reducing levels of stress but there are no descriptions of the techniques or how to learn them. Since it is difficult to read the techniques and experience them at the same time, the author chose to present three of these relaxation techniques in a videotape format. With the initial exposure to the material, the students could actually experience their ability to produce relaxation in their system by participating in the videotape demonstration.

Definition of Education/Training Requirements

Since this material is an optional part of the Air War College curriculum, the author must present it in a convenient, concise, and non-threatening manner. On many bases relaxation techniques are taught either in the Mental Health Clinic (MHC) or at the Family Support Center (FSC), neither of which senior officers are likely to frequent. A MHC or FSC usually requires two or three one hour sessions to teach relaxation techniques and most senior officers feel they are "too busy" to spend much time on this kind of activity. The videotape presents an explanation and demonstration of the techniques in less than 45 minutes. Furthermore, AWC students can learn it in the non-threatening environment of their seminar room.

Development of Objectives and Tests

The videotape has three objectives: 1) To introduce the concepts of relaxation techniques 2) To explain the methods of deep breathing, progressive muscle relaxation and visualization and 3) To provide the students with the opportunity to experience those three methods. To meet these objectives, the videotape's format consists of a brief discussion of the development and benefits of relaxation techniques, a description of each of the techniques, and a demonstration of each technique.

Since the videotape is an optional part of the AWC curriculum, there are no tests. Due to the medium of videotape, the author has no way of evaluating the level of relaxation experienced by each student during the demonstration. In her clinical practice and public speaking demonstrations, she has never encountered an individual who has failed to reach some level of relaxation with these techniques. She, therefore, assumes each student has achieved some level of relaxation in order to encourage each student to practice these techniques.

Planning, Developing, and Validating Instruction

The author developed this presentation over the past ten years. She was introduced to relaxation techniques in 1975 at a training sessions for health care professionals held in Phoenix, Arizona. She adopted a method for teaching the techniques to her Mental Health Clinic patients that required an initial training session and at least three follow-up sessions. While the majority of the patients reported interest in the techniques, more than half did not return after the first follow-up session. The author

decided she needed to develop a format that could be taught in one session so even those patients who chose not to return for follow up sessions could benefit from the techniques.

She was also frequently asked to speak on coping with stress or relaxation techniques for commander's calls, safety meetings, wives's groups and other civic groups. Because she was usually limited to a 30 to 60 minute time frame, she had to make her presentation concise yet interesting. Because these situations were more of a guest speaker role than that of a direct therapist to patient role, the author had to teach the techniques in a manner requiring no follow up. She found a 45 minute format that combined explanatory information and a brief demonstration of the techniques was best received by the audiences. The audiences also consistently commented how the short demonstration "sold" them on their ability to do the techniques and the potential benefits. So the author considers the demonstration of the techniques to be the most important section of the presentation.

The author found validating the material to be very easy. As reflected in the bibliography, both professional and popular literature have an abundance of information of the use of relaxation techniques for reducing stress. Since she developed her own script over the past ten years, she did not need to use any of the scripts found in the literature. She did use current publications to update her explanatory information and kept it in layman's terms rather than professional "jargon".

The author used a second method of validation. She made the presentation for her ACSC seminar and an AWC seminar. She did the ACSC presentation in the same type of environment in which the videotape will be viewed, namely a seminar room. She did the AWC presentation in a dining room of the Maxwell Officer's Club, following a luncheon. Despite the different environments, both groups found the information useful and recommended it be made readily available to the students of both schools.

Conducting and Evaluating the Instruction

The videotape will be included in the AWC noontime film series during the same week in which the Executive Health and Fitness Assessment phase is presented. (October 1985) The author has worked closely with the phase manager,



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Remarks

TRANQUILIZING DRUGS OR ALCOHOL. THESE SUBSTANCES WORK BY DEPRESSING THE CENTRAL NERVOUS SYSTEM AND DECREASING AWARENESS. RELAXATION INCREASES YOUR AWARENESS OF SENSATIONS WHILE ALLOWING YOUR BODY TO RELAX AND RESTORE ITSELF. (1:138)

RELAXATION IS NOT MAGIC. IT IS A SKILL THAT MUST BE LEARNED AND PRACTICED LIKE ANY OTHER SKILL. YOU WON'T BE A SKILLED TENNIS PLAYER IF YOU ONLY PRACTICE THE GAME ONCE A MONTH OR JUST WHILE YOU'RE ON VACATION. THE MORE YOU PRACTICE RELAXATION SKILLS THE EASIER THEY WILL BE FOR YOU TO USE. (6:1x; 12:620)

SO WHAT IS RELAXATION THEN? IT IS A STABLE STATE IN WHICH THE BODY IS ABLE TO RESTORE ITSELF. IT INVOLVES CONTROL OF THE BODY AND MIND AND AN INCREASED AWARENESS OF SENSATIONS. IT IS A SKILL THAT YOU CAN EASILY LEARN BUT YOU MUST PRACTICE IT TO BE PROFICIENT

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Remarks:

THE PHYSICAL AND CHEMICAL EFFECTS OF STRESS WITHIN OUR BODIES. (12:620)

RELAXATION IS NOT SLEEP. HAVE YOU EVER AWAKENED FROM A DREAM AND FOUND YOURSELF DRENCHED IN SWEAT? HAVE YOU EVER SLEPT ALL NIGHT ONLY TO FIND YOURSELF MORE FATIGUED IN THE MORNING THAN YOU DID WHEN YOU WENT TO BED? SLEEP IS A COMPLEX, DYNAMIC PROCESS WITH EMOTIONALLY CHARGED PHASES AND CAN IN ITSELF BE A STRESSOR. RELAXATION IS A STABLE STATE. (1:138)

RELAXATION IS NOT A LOSS OF CONTROL. ON THE CONTRARY, RELAXATION IS A REGAIN OF CONTROL OVER BOTH MIND AND BODY. (12:689) INSTEAD OF FEELING LIKE YOU HAVE NO CONTROL OVER THAT FEELING OF BECOMING MORE AND MORE TENSE OR UPTIGHT, YOU CAN LEARN TO MAKE YOUR SYSTEM UNWIND AND RELAX RATHER THAN CONTINUING TO TENSE UP.

RELAXATION IS NOT SIMILAR TO THE EFFECTS PRODUCED BY

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Remarks:

"DISTRESS." (8:18) WE CAN'T AVOID STRESS ALL TOGETHER FOR ONLY DEATH IS THE ABSENCE OF STRESS. (8:20) WE CAN, HOWEVER, LEARN TO BALANCE OUR STRESS LEVELS TO KEEP OURSELVES IN A COMFORTABLE AND PRODUCTIVE STATE OF BEING. ONE WAY TO VISUALIZE THIS BALANCE IS TO THINK OF A GUITAR.

IF THE STRINGS OF THE GUITAR HAVE NO TENSION ON THEM AT ALL, THEY MAKE NO SOUND WHEN PLUCKED AND, THEREFORE, SERVE NO PURPOSE. IF THEY ARE WOUND TOO TIGHTLY, THEY BREAK WHEN PLUCKED. IF, HOWEVER, THERE IS JUST THE RIGHT AMOUNT OF TENSION ON THE STRINGS THEY MAKE BEAUTIFUL SOUNDS, OR MUSIC, WHEN PLUCKED.

IN DEFINING RELAXATION, LET'S LOOK AT WHAT IT IS NOT. IT IS NOT ENTERTAINMENT. MANY OF US THINK OF RELAXATION AS PLAYING GOLF OR GOING TO A MOVIE OR WATCHING TV. WHILE THESE ACTIVITIES MAY BE ENJOYABLE, THEY DO LITTLE TO REDUCE

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Remarks:

LEARNING TO RELAX. (12:620). THE AIR WAR COLLEGE EXECUTIVE HEALTH ASSESSMENT AND FITNESS PROGRAM LOOKS AT EMOTIONAL BALANCE ALONG WITH NUTRITION AND DIET AND AEROBIC EXERCISE AS IMPORTANT ELEMENTS IN PROMOTING HEALTHIER SENIOR OFFICERS. ANOTHER EFFECTIVE WAY OF MINIMIZING STRESS IS TO LEARN ONE OR MORE RELAXATION TECHNIQUES.

LET'S BEGIN BY DEFINING THE TERMS "STRESS" AND "RELAXATION". I DEFINE STRESS AS "ANY CONDITION IMPINGING ON AN ORGANISM THAT REQUIRES SOME KIND OF ADJUSTIVE REACTION." IT DOESN'T MATTER WHETHER THE CONDITION IS POSITIVE OR NEGATIVE. YOUR BODY STILL MUST REACT TO IT. (10:24) HOWEVER, THERE ARE DIFFERENT LEVELS OF STRESS. SOME STRESSES MOTIVATE US AND KEEP US WORKING AT PRODUCTIVE LEVELS. OTHERS PREVENT US FROM BEING ABLE TO FUNCTION AS WE WOULD LIKE TO AND DR. HANS SEYLE, AUTHOR OF SEVERAL BOOKS ON STRESS, REFERS TO THESE AS

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Remarks:

CHAP. 2
(SCRIPT)

LT COL FOWLER:

ON BEHALF OF THE AIR WAR COLLEGE, I WOULD LIKE TO INTRODUCE MAJOR ROYETTA MARCONI-DOOLEY. SHE IS AN AIR FORCE CLINICAL SOCIAL WORKER AND HAS A BACHELOR'S DEGREE IN PSYCHOLOGY AND A MASTER'S DEGREE IN PSYCHIATRIC SOCIAL WORK. FOR THE PAST 11 YEARS SHE HAS BEEN TEACHING PEOPLE RELAXATION TECHNIQUES AS ONE WAY OF MORE EFFECTIVELY COPING WITH OUR DEMANDING WORLD. THROUGH THIS VIDEOTAPE PRESENTATION, SHE WILL SHARE THOSE TECHNIQUES WITH US.

MAJOR MARCONI-DOOLEY:

IN TODAY'S BUSY SOCIETY WE OFTEN USE THE WORDS "UPTIGHT" AND "STRESSED" TO DESCRIBE HOW WE FEEL ABOUT THE DEMANDS OF OUR ENVIRONMENT. MANY OF US FEEL WE ARE VICTIMS TO OUR INTERNAL STRESS LEVELS; BUT WE CAN LEARN TO REDUCE THESE LEVELS OR ELIMINATE THEM BY SIMPLY

APPENDIX

APPENDIX A

Teleprompter Script

practice relaxation for a minimum of 5 minutes, twice a day-- once in the early part of your day and once in the later part of the day. I suggest that you not do it just prior to going to sleep or after eating a large meal. If you're worried about losing track of time while you practice, set an alarm or timer. Remember the most important thing is that you practice your skill of relaxation in a consistent way. (5 second pause)

In a moment, I'm going to count to three and ask you to open your eyes. Before I do that, concentrate on that beautiful feeling of relaxation that you have just created for yourself. (3 second pause) One--you are feeling wonderfully relaxed and calm. (3 second pause) Two--you are feeling relaxed and refreshed; as though waking up from a brief nap. Three--open your eyes, feeling calm and refreshed and ready to take on the rest of the day.

I'm sure that each of you that participated in this brief demonstration were able to reach some level of relaxation on your first try. With more and more practice, you will find it easier and easier to create that pleasant sense of relaxation whenever you want to. Each of these techniques--deep breathing, progressive muscle relaxation, and visualization,--are easy to do and readily available to you. Along with the information you've received about nutrition, diet, and aerobic exercise, these techniques can help you lessen your internal levels of stress. None of us enjoys the feeling of undo stress or tension, so I urge you to practice these techniques. What have you got to lose?

feel that sensation of tension. Now release your hand and make your hand as warm and comfortable and relaxed as you can.

Since many people tend to hold a lot of tension in their neck and shoulder muscles, I would now like you to shrug your shoulders and hold those muscles as tightly as you can. Concentrate on what that tension feels like. Now drop your shoulders and make those muscles as loose and comfortable and relaxed as you can, focusing on how wonderful that sensation of relaxation feels. For a second time, shrug your shoulders tightly and hold that tension. (3 second pause.) Now drop your shoulders and make those muscles as relaxed as you possibly can.

This very brief introduction to progressive muscle relaxation has shown you your ability to relax muscles at will. It also has made you more aware of what tension feels like to you and what relaxation feels like, also. When you become aware of tension building in your system, you can use this "tense and release" method to reduce or eliminate the uncomfortable feeling of being tense.

For a moment now focus on your deepened sense of relaxation. As your rhythmic breathing continues and you allow all of your muscles to comfortably relax you notice an overall sense of more and more relaxation. Remember this is something you are creating within yourself and have complete control of.

As you continue to relax, I would like you to picture in your mind a very pleasant place. It may be indoors or out and as luxurious or simple as you like. Make sure you are alone. This place is yours alone. Take a couple of seconds to make your scene as real as possible. (5 second pause) Make the details of your scene as vivid as you can. As those details become more and more vivid, you will become more and more relaxed. Remember that this is your special place and you can go to it any time you want to experience that wonderful sense of relaxation. With practice, your scene will become a cue for you to relax.

Allow yourself to bask in the sense of well-being and relaxation as I give you some suggestions about practicing these techniques. As I said before, these skills require practice. You should do them at least once a day. You may need to spend about 20 minutes practicing at first and then 5 to 10 minutes a day. The more you practice the more proficient you will become. But consistency is the key. Five minutes a day is better than none at all. (6:17) Since everyone seems to have a busy schedule, I recommend that you

1. This is totally voluntary. No one has to participate, but to limit the feelings of self consciousness of those who do participate, I ask that everyone close their eyes during the demonstration.

2. Find a comfortable position in your chair. If possible move your chair against a wall so you can lean your head against the wall. (3 second pause) Feel free to allow your head to fall forward or back as you become more relaxed. Make sure your feet are flat on the floor and that your hands rest comfortably on your thighs. If you cross your ankles or arms there's a tendency to store tension in those areas and you want to avoid that. Also, loosen any tight clothing.

3. Please remember that nothing is being done to you during this demonstration. You are allowing yourself to become better acquainted with your capability to create the sensation of relaxation in your own body.

Let's begin:

Close your eyes, blocking out all distractions around you so that you can fully concentrate on the sensations of relaxation. Take a nice deep breath, inhaling through your nose, expanding your diaphragm, and exhaling through your mouth. Again, slowly inhale and slowly exhale while focusing on how relaxing and soothing each breath is. As you continue to breath think to yourself that with each inhalation you are bringing relaxation into your system and with each exhalation you are pushing all excess tension out of your system. Allow your breathing to become slower and more regular and with each breath notice how more and more relaxed you are becoming. This simple act of deep breathing can become your cue to allow your body to "unwind" instead of to tense up. (5:19) Continue to focus on how calm and relaxed you feel with each breath you take. (5 second pause.)

To become more familiar with the sensations of tension and relaxation you are now going to tense and relax certain muscles. You can't be tense and relaxed at the same time and this technique shows you your ability to create relaxation in your body whenever you want it.

Make a fist with your right hand. Hold it as tightly as you can and focus on what that tension feels like. (3 second pause) Release your hand, all at once, (2:22) and make your hand as limp and relaxed as you possibly can. Focus on how that release and relaxation feels. Again, make a fist with your hand. Hold it as tightly as you can and

convenient method to get your body to "unwind" rather than tense up.

The second technique is called progressive muscle relaxation. Dr. Edmund Jacobson, developed this technique in 1934 while doing research in the Department of Psychology at Harvard University.(2:3) It is based on comparing the sensations of tension and relaxation. First you tense a set of muscles, such as your hand, and concentrate on the sensation of tension. You then relax your hand and focus on the feeling of relaxation.(4:44) You continue to systematically tense and relax all the muscle groups of your body until you are able to reach a deep state of relaxation. As you practice tensing and relaxing the various muscles in your body you become more aware of tension building up in your system and more able to create the sensation of relaxation to replace it. This technique takes practice to learn but is very helpful for those individuals that tend to get tension headaches or store a good bit of tension in certain groups of muscles such as the neck and shoulders or jaw. While Dr. Jacobson's original technique required a considerable amount of training time, other psychologists have modified it and the initial training can be done in 20 to 60 minutes.(4:44) While in the demonstration of this technique you will tense and relax only two or three muscle groups, on your own you can practice the muscle groups from head to toe.

The third technique is visualization. As you relax, create a picture of a pleasant scene in your mind's eye. It may be indoors or out. It could be a favorite fishing hole, a beach at sunset, or a comfortable room with a fireplace. It may be a place that you've actually been to, one you would like to go to or just a place of your own creation. You should be alone--no spouse, children, girlfriend or boyfriend. This is a place just for you.(3:25) As you make the details in your scene more vivid, such as feeling the wind in your face or hearing the crackling of the fireplace, you will become more and more relaxed. After several times of experiencing the scene and deep relaxation together, the scene itself will become a cue for relaxation.(11:171)

Now that you've heard a little about each technique, you will have the opportunity to experience each one. The demonstration takes about 15 minutes, involves no embarrassment, and can be done sitting right there in your chair.

First, there are a few ground rules:

You may be thinking, "Why should I want to learn relaxation techniques?" or "That stuff doesn't really work and besides I don't have time for that."

Besides being something that feels good, relaxation techniques have very positive effects on your physical health. Dr. Stewart Agras, professor of psychiatry, Stanford University School of Medicine, recently stated the following:

Using sophisticated technological equipment, physicians have found that, done correctly, relaxation exercises literally slow down heartbeat, pulse and breathing rates, lower blood pressure, and, in many cases, may even lessen the need for medications used to achieve these results in the past. (12:689)

People who practice relaxation techniques report an increased state of alertness and focus (12:689) and several of the professional football teams in the US teach their players these techniques to "cash in" on just that alertness.

But the most important selling point of these techniques is once you learn how to initiate the relaxation response in your body, it is always available for your use. You don't need to wait 30 minutes for a pill to work, you don't need to leave a situation in order to cope with it, and no one but you has to know that you are using the techniques. They can be used any time, anywhere, and in just about any situation.

So let me introduce you to three of these techniques and then provide you the opportunity to experience each one of them.

The first technique is deep breathing. This is inhaling deeply through your nose, expanding your diaphragm, and exhaling through your mouth. You do this in a relaxed, rhythmic manner which has a very calming effect on your body. When we're upset about something we say that we can "breathe easier" when we get that "load off our chest". Well, if we use deep breathing in the first place, we don't have to get so tense. (6:41) Taking a deep breath can become your cue for your body to relax to whatever degree you want. You can relax yourself enough to allow you to present an important briefing or to signal your body for a deeper level of relaxation. It's a very simple and

If the strings of the guitar have no tension on them at all, they make no sound when plucked and, therefore, serve no purpose. If they are wound too tightly, they break when plucked. If, however, there is just the right amount of tension on the strings they make beautiful sounds, or music, when plucked.

In defining relaxation, let's look at what it is not. It is not entertainment. Many of us think of relaxation as playing golf or going to a movie or watching TV. While these activities may be enjoyable, they do little to reduce the physical and chemical effects of stress within our bodies. (12:620)

Relaxation is not sleep. Have you ever awakened from a dream and found yourself drenched in sweat? Have you ever slept all night only to find yourself more fatigued in the morning than you did when you went to bed? Sleep is a complex, dynamic process with emotionally charged phases and can in itself be a stressor. Relaxation is a stable state. (1:138).

Relaxation is not a loss of control. On the contrary, relaxation is a regaining of control over both mind and body. (12:689). Instead of feeling like you have no control over that feeling of becoming more and more tense or uptight, you can learn to make your system unwind and relax, rather than continuing to tense up.

Relaxation is not similar to the effects produced by tranquilizing drugs or alcohol. These substances work by depressing the central nervous system and decreasing awareness. Relaxation increases your awareness of sensations while allowing your body to relax and restore itself. (1:138)

Relaxation is not magic. It is a skill that must be learned and practiced like any other skill. You won't be a skilled tennis player if you only practice the game once a month or just while you're on vacation. The more you practice relaxation skills the easier they will be for you to use. (6:ix; 12:620)

So what is relaxation then? It is a stable state in which the body is able to restore itself. It involves control of the body and mind and an increased awareness of sensations. It is a skill that you can easily learn but you must practice it to be proficient in it.

Chapter Two

SCRIPT

Lt. Col Fowler:

On behalf of the Air War College, I would like to introduce Major Royetta Marconi-Dooley. She is an Air Force Clinical Social Worker and has a Bachelor of Arts Degree in Psychology and a Master's Degree in Psychiatric Social Work. For the past 11 years she has been teaching people relaxation techniques as one way of more effectively coping with our demanding world. Through this videotape presentation, she will share those techniques with us.

Major Marconi-Dooley:

In today's busy society we often use the words "uptight" and "stressed" to describe how we feel about the demands of our environment. Many of us feel we are victims to our internal stress levels; but, we can learn to reduce these levels or eliminate them by simply learning to relax. (12:620). The Air War College Executive Health Assessment and Fitness Program looks at Stress Management along with Nutrition and Diet and Aerobic Exercise as important elements in promoting healthier senior officers. Another effective way of minimizing stress is to learn one or more relaxation techniques.

Let's begin by defining the terms "stress" and "relaxation". I define stress as "any condition impinging on an organism that requires some kind of adjustive reaction." It doesn't matter whether the condition is positive or negative. Your body still must react to it. (10:24) However, there are different levels of stress. Some stresses motivate us and keep us working at productive levels. Others prevent us from being able to function as we would like to. Dr. Hans Seyle, author of several books on stress, refers to these as "distress". (8:18) We can't avoid stress all together, for only death is the absence of stress. (8:20) We can, however, learn to balance our stress levels to keep ourselves in a comfortable and productive state of being. One way to visualize this balance is to think of a guitar.

Lt.Col. Fowler, to insure that the material presented in the videotape complements the material currently in the phase. Lt.Col. Fowler will evaluate the response to the videotape after the students have viewed it.

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Remarks:

IN IT.

YOU MAY BE THINKING, "WHY SHOULD I WANT TO LEARN RELAXATION?" OR "THAT STUFF DOESN'T REALLY WORK AND BESIDES I DON'T HAVE TIME FOR THAT."

BESIDES BEING SOMETHING THAT FEELS GOOD, RELAXATION TECHNIQUES HAVE VERY POSITIVE EFFECTS ON YOUR PHYSICAL HEALTH. DR. STEWART AGRAS, PROFESSOR OF PSYCHIATRY, STANFORD UNIVERSITY SCHOOL OF MEDICINE, RECENTLY STATED,

"USING SOPHISTICATED TECHNOLOGICAL EQUIPMENT, PHYSICIANS HAVE FOUND THAT, DONE CORRECTLY, RELAXATION EXERCISES LITERALLY SLOW DOWN HEARTBEAT, PULSE AND BREATHING RATES, LOWER BLOOD PRESSURE, AND, IN MANY CASES, MAY EVEN LESSEN THE NEED FOR MEDICATIONS USED TO ACHIEVE THESE RESULTS IN THE PAST." (12:689)

PEOPLE WHO PRACTICE RELAXATION TECHNIQUES REPORT AN INCREASED STATE OF ALERTNESS AND FOCUS (12:689) AND SEVERAL

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Remarks:

OF THE PROFESSIONAL FOOTBALL TEAMS IN THE U. S. TEACH THEIR PLAYERS THESE TECHNIQUES TO "CASH IN" ON JUST THAT ALERTNESS.

BUT THE MOST IMPORTANT SELLING POINT OF THESE TECHNIQUES IS ONCE YOU LEARN HOW TO INITIATE THE RELAXATION RESPONSE IN YOUR BODY, IT IS ALWAYS AVAILABLE FOR YOUR USE. YOU DON'T NEED TO WAIT 30 MINUTES FOR A PILL TO WORK, YOU DON'T NEED TO LEAVE A SITUATION IN ORDER TO COPE WITH IT, AND NO ONE BUT YOU HAS TO KNOW THAT YOU ARE USING THE TECHNIQUES. THEY CAN BE USED ANY TIME, ANYWHERE, AND IN JUST ABOUT ANY SITUATION.

SO LET ME INTRODUCE YOU TO THREE OF THESE TECHNIQUES AND THEN PROVIDE YOU THE OPPORTUNITY TO EXPERIENCE EACH ONE OF THEM.

THE FIRST TECHNIQUE IS DEEP BREATHING. THIS IS INHALING DEEPLY THROUGH YOUR NOSE, EXPANDING YOUR DIAPHRAM, AND EXHALING THROUGH YOUR MOUTH. YOU DO THIS IN A RELAXED,

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Remarks:

RHYTHMIC MANNER WHICH HAS A VERY CALMING EFFECT ON YOUR BODY. WHEN WE'RE UPSET ABOUT SOMETHING WE SAY THAT WE CAN "BREATHE EASIER" WHEN WE GET THAT "LOAD OFF OUR CHEST." WELL, IF WE USE DEEP BREATHING IN THE FIRST PLACE, WE DON'T HAVE TO GET SO TENSE. (6:41) TAKING A DEEP BREATH CAN BECOME YOUR CUE FOR YOUR BODY TO RELAX TO WHATEVER DEGREE YOU WANT. YOU CAN RELAX YOURSELF ENOUGH TO ALLOW YOU TO PRESENT AN IMPORTANT BRIEFING OR TO SIGNAL YOUR BODY FOR A DEEPER LEVEL OF RELAXATION. IT'S A VERY SIMPLE AND CONVENIENT METHOD TO GET YOUR BODY TO "UNWIND" RATHER THAN TENSE UP.

THE SECOND TECHNIQUE IS CALLED PROGRESSIVE MUSCLE RELAXATION. DR. EDMUND JACOBSON DEVELOPED THIS TECHNIQUE IN 1934 WHILE DOING RESEARCH IN THE DEPARTMENT OF PSYCHOLOGY AT HARVARD UNIVERSITY. (2:3) IT IS BASED ON COMPARING THE SENSATIONS OF



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Remarks:

TENSION AND RELAXATION. FIRST YOU TENSE A SET OF MUSCLES, SUCH AS YOUR HAND, AND CONCENTRATE ON THE SENSATION OF TENSION. YOU THEN RELAX YOUR HAND AND FOCUS ON THE FEELING OF RELAXATION. (4:44) YOU CONTINUE TO SYSTEMATICALLY TENSE AND RELAX ALL THE MUSCLE GROUPS OF YOUR BODY UNTIL YOU ARE ABLE TO REACH A DEEP STATE OF RELAXATION. AS YOU PRACTICE TENSING AND RELAXING THE VARIOUS MUSCLES IN YOUR BODY YOU BECOME AWARE OF TENSION BUILDING UP IN YOUR SYSTEM AND MORE ABLE TO CREATE THE SENSATION OF RELAXATION TO REPLACE IT. THIS TECHNIQUE TAKES PRACTICE TO LEARN BUT IS VERY HELPFUL FOR THOSE INDIVIDUALS THAT TEND TO GET TENSION HEADACHES OR STORE A GOOD BIT OF TENSION IN CERTAIN GROUPS OF MUSCLES SUCH AS THE NECK AND SHOULDERS OR JAW. WHILE DR. JACOBSON'S ORIGINAL TECHNIQUE REQUIRED A CONSIDERABLE AMOUNT OF TRAINING TIME, OTHER

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Remarks:

PSYCHOLOGISTS HAVE MODIFIED IT AND THE INITIAL TRAINING CAN BE DONE IN 20 TO 60 MINUTES.

(4:44) WHILE IN THE DEMONSTRATION OF THIS TECHNIQUE YOU WILL TENSE AND RELAX ONLY 2 OR 3 MUSCLE GROUPS. ON YOUR OWN YOU CAN PRACTICE THE MUSCLE GROUPS FROM HEAD TO TOE.

THE THIRD TECHNIQUE IS VISUALIZATION. AS YOU RELAX, CREATE A PICTURE OF A PLEASANT SCENE IN YOUR MIND'S EYE. IT MAY BE INDOORS OR OUT. IT COULD BE A FAVORITE FISHING HOLE, A BEACH AT SUNSET, OR A COMFORTABLE ROOM WITH A FIREPLACE. IT MAY BE A PLACE THAT YOU'VE ACTUALLY BEEN TO, ONE YOU WOULD LIKE TO GO TO OR JUST A PLACE OF YOUR OWN CREATION. YOU SHOULD BE ALONE--NO SPOUSE, CHILDREN, GIRLFRIEND OR BOY-FRIEND. THIS IS A PLACE JUST FOR YOU. (3:25) AS YOU MAKE THE DETAILS IN YOUR SCENE MORE VIVID--SUCH AS FEELING THE WIND IN YOUR FACE OR HEARING THE CRACKLING OF THE FIREPLACE--



YOU WILL BECOME MORE AND MORE RELAXED. AFTER SEVERAL TIMES OF EXPERIENCING THE SCENE AND DEEP RELAXATION TOGETHER, THE SCENE ITSELF WILL BECOME A CUE FOR RELAXATION. (11:171)

NOW THAT YOU'VE HEARD A LITTLE ABOUT EACH TECHNIQUE, YOU WILL HAVE THE OPPORTUNITY TO EXPERIENCE EACH ONE. THE DEMONSTRATION TAKES ABOUT 15 MINUTES, INVOLVES NO EMBARRASSMENT, AND CAN BE DONE SITTING RIGHT THERE IN YOUR CHAIR.

FIRST, THERE ARE A FEW GROUND RULES:

1. THIS IS TOTALLY VOLUNTARY. NO ONE HAS TO PARTICIPATE, BUT TO LIMIT THE FEELINGS OF SELF-CONSCIOUSNESS OF THOSE WHO DO PARTICIPATE, I ASK THAT EVERYONE CLOSE THEIR EYES DURING THE DEMONSTRATION.

2. FIND A COMFORTABLE POSITION IN YOUR CHAIR. IF POSSIBLE MOVE YOUR CHAIR AGAINST A WALL SO YOU CAN LEAN YOUR HEAD AGAINST THE WALL. (3 SECOND PAUSE) FEEL FREE TO

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Remarks:

ALLOW YOUR HEAD TO FALL FORWARD OR BACK AS YOU BECOME MORE RELAXED. MAKE SURE YOUR FEET ARE FLAT ON THE FLOOR AND THAT YOUR HANDS REST COMFORTABLY ON YOUR THIGHS. IF YOU CROSS YOUR ANKLES OR ARMS THERE'S A TENDENCY TO STORE TENSION IN THOSE AREAS AND YOU WANT TO AVOID THAT. ALSO, LOOSEN ANY TIGHT CLOTHING.

3. PLEASE REMEMBER THAT NOTHING IS BEING DONE TO YOU DURING THIS DEMONSTRATION. YOU ARE ALLOWING YOURSELF TO BECOME BETTER ACQUAINTED WITH YOUR CAPABILITY TO CREATE THE SENSATION OF RELAXATION IN YOUR BODY.

LET'S BEGIN:

CLOSE YOUR EYES, BLOCKING OUT ALL DISTRACTIONS AROUND YOU SO THAT YOU CAN FULLY CONCENTRATE ON THE SENSATIONS OF RELAXATION. TAKE A NICE DEEP BREATH, INHALING THROUGH YOUR NOSE, EXPANDING YOUR DIAPHRAM, AND EXHALING THROUGH YOUR MOUTH. AGAIN, SLOWLY

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Remarks:

INHALE AND SLOWLY EXHALE WHILE FOCUSING ON HOW RELAXING AND SOOTHING EACH BREATH IS. AS YOU CONTINUE TO BREATHE THINK TO YOURSELF THAT WITH EACH INHALATION YOU ARE BRINGING RELAXATION INTO YOUR SYSTEM AND WITH EACH EXHALATION YOU ARE PUSHING ALL EXCESS TENSION OUT OF YOUR SYSTEM. ALLOW YOUR BREATHING TO BECOME SLOWER AND MORE REGULAR AND WITH EACH BREATH NOTICE HOW MORE AND MORE RELAXED YOU ARE BECOMING. THIS SIMPLE ACT OF DEEP BREATHING CAN BECOME YOUR CUE TO ALLOW YOUR BODY TO "UNWIND" INSTEAD OF TO TENSE UP. (5:199) CONTINUE TO FOCUS ON HOW CALM AND RELAXED YOU FEEL WITH EACH BREATH YOU TAKE. (5 SECOND PAUSE)

TO BECOME MORE FAMILIAR WITH THE SENSATIONS OF TENSION AND RELAXATION YOU ARE NOW GOING TO TENSE AND RELAX CERTAIN MUSCLES. YOU CAN'T BE TENSE AND RELAXED AT THE SAME TIME AND THIS TECHNIQUE SHOWS

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Remarks

YOU YOUR ABILITY TO CREATE RELAXATION IN YOUR BODY WHEN-EVER YOU WANT IT.

MAKE A FIST WITH YOUR RIGHT HAND. HOLD IT AS TIGHTLY AS YOU CAN AND FOCUS ON WHAT THAT TENSION FEELS LIKE. (3 SECOND PAUSE) RELEASE YOUR HAND, ALL AT ONCE, (2:22) AND MAKE YOUR HEAD AS LIMP AND RELAXED AS YOU POSSIBLY CAN. FOCUS ON HOW THAT RELEASE AND RELAXATION FEELS. AGAIN, MAKE A FIST WITH YOUR HAND. HOLD IT AS TIGHTLY AS YOU CAN AND FEEL THAT SENSATION OF TENSION. NOW RELEASE YOUR HAND AND MAKE YOUR HAND AS WARM AND COMFORTABLE AND RELAXED AS YOU CAN.

SINCE MANY PEOPLE TEND TO HOLD A LOT OF TENSION IN THEIR NECK AND SHOULDER MUSCLES, I WOULD NOW LIKE YOU TO SHRUG YOUR SHOULDERS AND HOLD THOSE MUSCLES AS TIGHTLY AS YOU CAN. CONCENTRATE ON WHAT THAT TENSION FEELS LIKE. NOW DROP YOUR SHOULDERS AND MAKE THOSE MUSCLES AS LOOSE AND

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Remarks:

COMFORTABLE AND RELAXED AS YOU CAN, FOCUSING ON HOW WONDERFUL THAT SENSATION OF RELAXATION FEELS. FOR A SECOND TIME, SHRUG YOUR SHOULDERS TIGHTLY AND HOLD THAT TENSION. (3 SECOND PAUSE) NOW DROP YOUR SHOULDERS AND MAKE THOSE MUSCLES AS RELAXED AS YOU POSSIBLY CAN.

THIS VERY BRIEF INTRODUCTION TO PROGRESSIVE MUSCLE RELAXATION HAS SHOWN YOU YOUR ABILITY TO RELAX MUSCLES AT WILL. IT ALSO HAS MADE YOU MORE AWARE OF WHAT TENSION FEELS LIKE TO YOU AND WHAT RELAXATION FEELS LIKE, ALSO. WHEN YOU BECOME AWARE OF TENSION BUILDING IN YOUR SYSTEM, YOU CAN USE THIS "TENSE AND RELEASE" METHOD TO REDUCE OR ELIMINATE THE UNCOMFORTABLE FEELING OF BEING TENSE.

FOR A MOMENT NOW FOCUS ON YOUR DEEPENED SENSE OF RELAXATION. AS YOUR RHYTHMIC BREATHING CONTINUES AND YOU ALLOW ALL

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Remarks:

OF YOUR MUSCLES TO COMFORTABLY RELAX YOU NOTICE AN OVERALL SENSE OF MORE AND MORE RELAXATION. REMEMBER THIS IS SOMETHING YOU ARE CREATING WITHIN YOURSELF AND HAVE COMPLETE CONTROL OF.

AS YOU CONTINUE TO RELAX, I WOULD LIKE YOU TO PICTURE IN YOUR MIND A VERY PLEASANT PLACE. IT MAY BE INDOORS OR OUT AND AS LUXURIOUS OR SIMPLE AS YOU LIKE. MAKE SURE YOU ARE ALONE. THIS PLACE IS YOURS ALONE. TAKE A COUPLE OF SECONDS TO MAKE YOUR SCENE AS REAL AS POSSIBLE. (5 SECOND PAUSE) MAKE THE DETAILS OF YOUR SCENE AS VIVID AS YOU CAN. AS THOSE DETAILS BECOME MORE AND MORE VIVID, YOU WILL BECOME MORE AND MORE RELAXED. REMEMBER THAT THIS IS YOUR SPECIAL PLACE AND YOU CAN GO TO IT ANY TIME YOU WANT TO EXPERIENCE THAT WONDERFUL SENSE OF RELAXATION. WITH PRACTICE, YOUR SCENE WILL BECOME A CUE FOR YOU TO RELAX. ALLOW YOURSELF TO BASK IN



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Remarks:

THE SENSE OF WELL-BEING AND RELAXATION AS I GIVE YOU SOME SUGGESTIONS ABOUT PRACTICING THESE TECHNIQUES. AS I SAID BEFORE, THESE SKILLS REQUIRE PRACTICE. YOU SHOULD DO THEM AT LEAST ONCE A DAY. YOU MAY NEED TO SPEND ABOUT 20 MINUTES PRACTICING AT FIRST AND THEN 5 TO 10 MINUTES A DAY. THE MORE YOU PRACTICE THE MORE PROFICIENT YOU WILL BECOME. BUT CONSISTENCY IS THE KEY. FIVE MINUTES A DAY IS BETTER THAN NONE AT ALL. (6:17) SINCE EVERYONE SEEMS TO HAVE A BUSY SCHEDULE, I RECOMMEND THAT YOU PRACTICE RELAXATION FOR A MINIMUM OF 5 MINUTES, TWICE A DAY--ONCE IN THE EARLY PART OF YOUR DAY AND ONCE IN THE LATTER PART OF THE DAY. I SUGGEST THAT YOU NOT DO IT JUST PRIOR TO GOING TO SLEEP OR AFTER EATING A LARGE MEAL. IF YOU'RE WORRIED ABOUT LOOSING TRACK OF TIME WHILE YOU PRACTICE, SET AN ALARM OR TIMER. REMEMBER THE MOST IMPORTANT THING IS THAT

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Remarks

YOU PRACTICE YOUR SKILL OF RELAXATION IN A CONSISTENT WAY. (5 SECOND PAUSE)

IN A MOMENT I'M GOING TO COUNT TO THREE AND ASK YOU TO OPEN YOUR EYES. BEFORE I DO THAT, CONCENTRATE ON THAT BEAUTIFUL FEELING OF RELAXATION THAT YOU HAVE JUST CREATED FOR YOURSELF. (3 SECOND PAUSE) ONE--YOU ARE FEELING WONDERFULLY RELAXED AND CALM. (3 SECOND PAUSE) TWO--YOU ARE FEELING RELAXED AND REFRESHED; AS THOUGH WAKING UP FROM A BRIEF NAP. THREE--OPEN YOUR EYES, FEELING CALM AND REFRESHED AND READY TO TAKE ON THE REST OF THE DAY.

I'M SURE THAT EACH OF YOU THAT PARTICIPATED IN THIS BRIEF DEMONSTRATION WERE ABLE TO REACH SOME LEVEL OF RELAXATION ON YOUR FIRST TRY. WITH MORE AND MORE PRACTICE, YOU WILL FIND IT EASIER AND EASIER TO CREATE THAT PLEASANT SENSE OF RELAXATION WHENEVER YOU WANT TO. EACH OF THESE TECHNIQUES--



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Remarks:

DEEP BREATHING, PROGRESSIVE MUSCLE RELAXATION, AND VISUALIZATION--ARE EASY TO DO AND READILY AVAILABLE TO YOU. ALONG WITH THE INFORMATION YOU'VE RECEIVED ABOUT NUTRITION, DIET, AND AEROBIC EXERCISE, THESE TECHNIQUES CAN HELP YOU LESSEN YOUR INTERNAL LEVELS OF STRESS. NONE OF US ENJOYS THE FEELING OF UNDO STRESS OR TENSION, SO I URGE YOU TO PRACTICE THESE TECHNIQUES. WHAT HAVE YOU GOT TO LOSE?

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