

Heart Failure Program

Topics

Relaxation Techniques

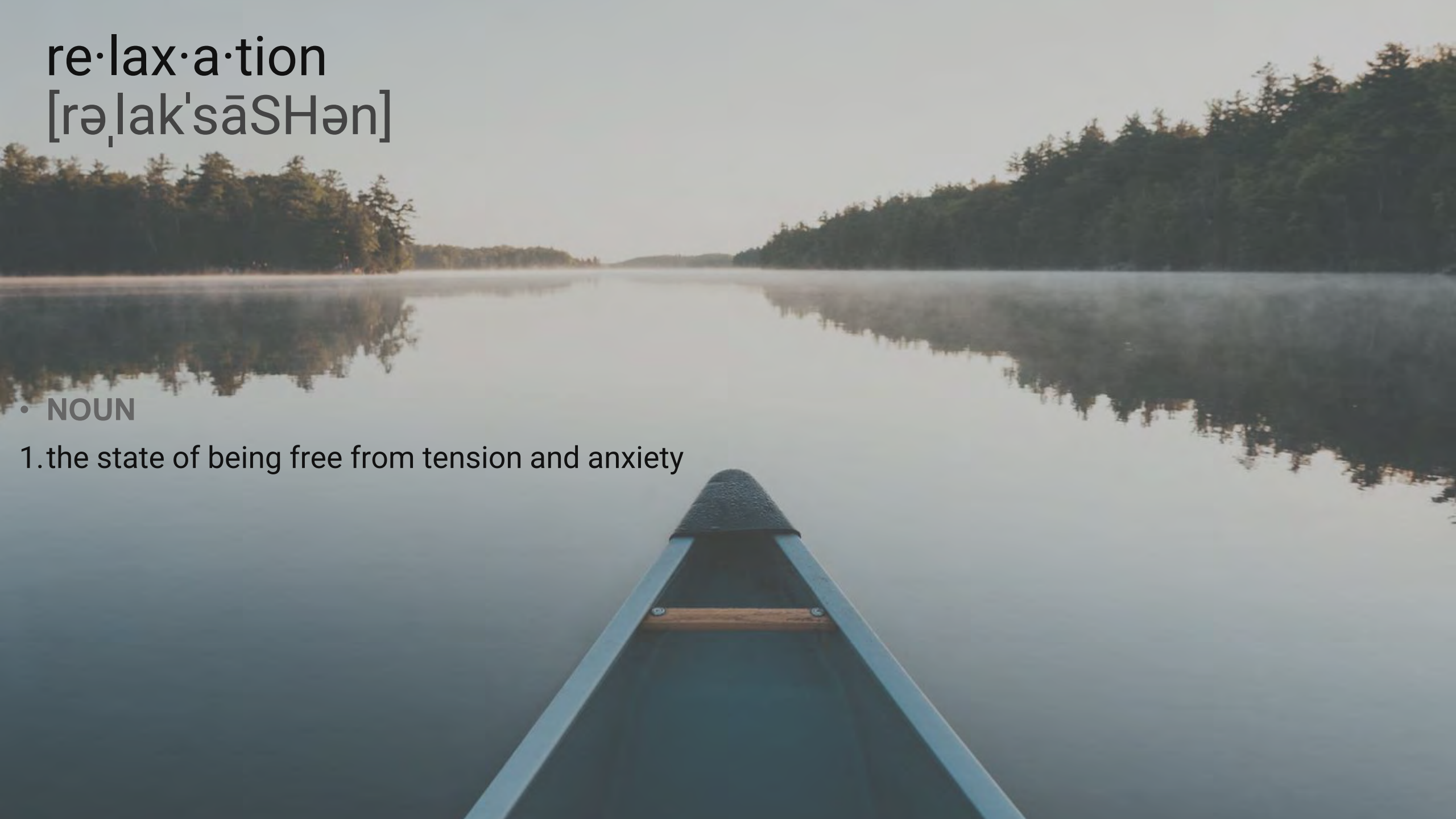


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re·lax·a·tion
[rəˌlɑk'sɑːʃən]

• NOUN

1. the state of being free from tension and anxiety





Learning to
Control Your
Focus
to
Control Your
Stress

Mindfulness-Based Stress Reduction

- Teaches focusing only on things happening in the present moment.
- Purposefully pay attention & be aware of your surroundings, thoughts, emotions, and how your body feels.
- Not judging present moment as judging can lead to unwanted feelings & thoughts.
- Learning to control your focus when your mind is going to difficult places gives you control over how much you let stress & anxiety effect your life and health.
- To learn more, click here:
- [Mindfulness-Based Stress Reduction \(healthwise.net\)](http://healthwise.net)

Click this link to watch a short video
[Mindfulness: What Is It? \(healthwise.net\)](https://www.healthwise.net/healthwise/healthwise-articles/mindfulness-what-is-it)



Click this link to watch a short video

[How to Do Mindfulness Meditation \(healthwise.net\)](https://www.healthwise.net)





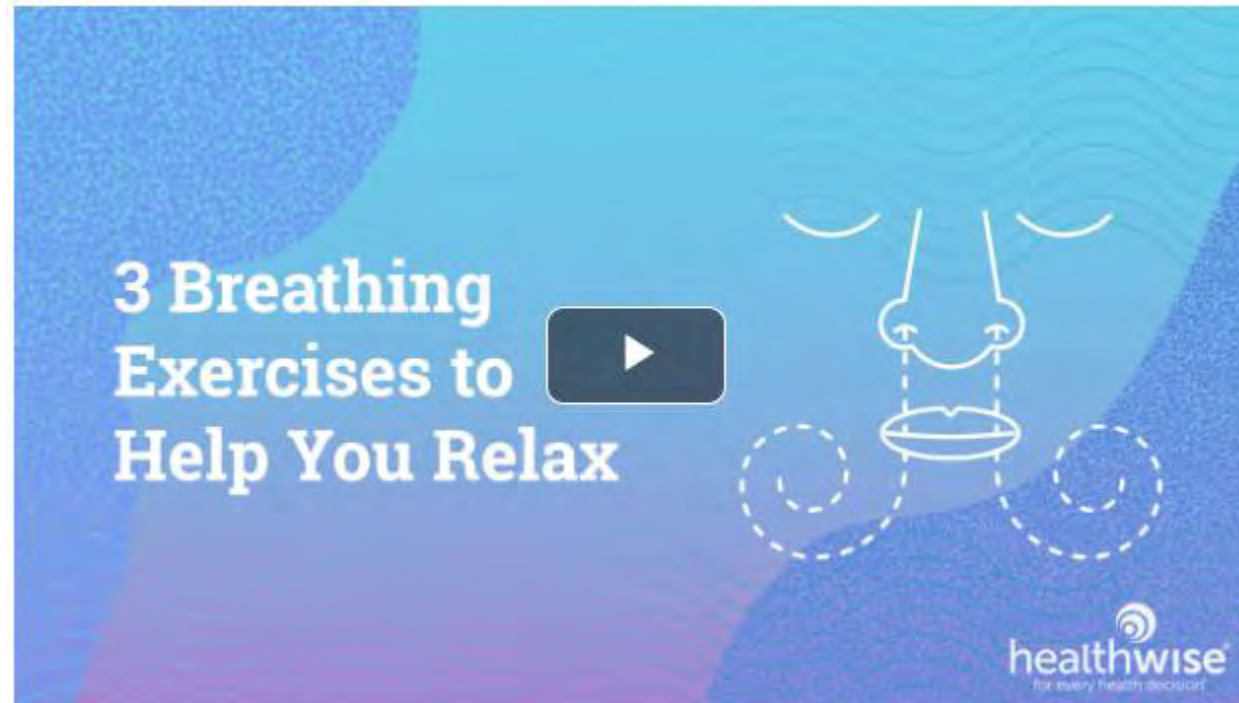
Learning to
Control Your
Breath
to
Control Your
Stress

Breathing Exercises for Relaxation

- Think about how you breathe when you are relaxed. Breathing exercises can help you relax by making your body feel the way it does when it is relaxed.
- Deep breathing is one of the best ways to lower stress in the body. It sends a message to your brain to calm down. The brain then sends the message to the body.
- Breathing exercises are easy to learn and do anywhere, anytime.
- There are a variety of techniques. Find what's right for you.
- To learn more, click here:
- [Stress Management: Breathing Exercises for Relaxation \(healthwise.net\)](https://www.healthwise.net)

Click this link to watch a short video

[3 Breathing Exercises to Help You Relax \(healthwise.net\)](https://www.healthwise.net)



Belly-Breathing (Diaphragmatic Breathing)

1. Lie on your back. You can put a small rolled towel behind your neck or use a pillow for comfort. Or you can prop yourself up on several pillows.
2. Put one hand on your belly and the other on your chest.
3. Breathe in slowly through your nose. When you breathe in, push your belly out as far as possible. You should feel the hand on your belly move out, while the hand on your chest does not move.
4. Breathe out slowly through your mouth. When you breathe out, you should feel the hand on your belly move in.



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Practice this breathing method 3 or 4 times a day for about 10 minutes each time.

When you can do this type of breathing well while lying down, learn to do it while sitting or standing.

In this presentation you learned:

- ✓You can be in control of your stress & anxiety levels.
- ✓Mindfulness can teach you how to take focus off worries.
- ✓Being able to bring about relaxation when needed is good for your mind & your body.
- ✓Breathing exercises are simple, easy techniques to settle yourself down.
- ✓Your Heart Failure Program RN is available to help you .

We're Here For You

- To discuss any of the information contained in this presentation, contact your Care For You Heart Failure Program Nurse
- Thank you for letting us be a part of your Healthcare Team.

