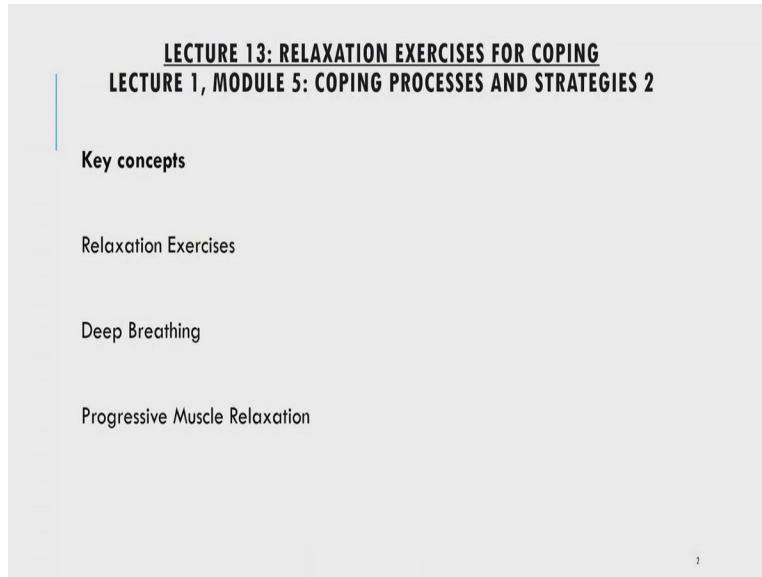


Psychology of Stress, Health, and Well-Being
Professor. Dilwar Hussian
Department of Humanities and Social Sciences
Indian Institute of Technology, Guwahati
Lecture 13
Coping with Relaxation Exercises

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So, I welcome you all to the thirteenth lecture of this NPTEL MOOC course, title Psychology of Stress, Health, and Well-Being. So, this is the thirteenth lecture overall, but this is the first lecture of module 5. This module is again about coping processes and strategies. So, module 4 was about coping processes and strategies 1. So, this is coping processes and strategies 2.

So, in module 4 we have started talking about coping processes and various strategies, and primarily we have focused on the definitions of coping processes and strategies and some of the common maladaptive strategies that are used by most, by commonly used by the people. In this module, we are specifically talking about the idea of, the specific strategies of constructive coping strategies.

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Recap: Lecture 12

- Constructive coping
- Coping effectiveness training
- Physical ways of coping

So, before we get into today's lecture, which is about relaxation exercises, let's take a quick look back at the previous lecture, lecture 12. So, we addressed the idea of constructive coping or healthy coping strategies in lecture 12 or the last lecture. So, we've established that when we use the term "constructive coping," we're referring to coping mechanisms that include dealing with stress or handling stressors in ways that are relatively healthy and more positive.

In that sense, we've all tried to recognize that our quality of life, productivity, and performance are all heavily reliant on our effectiveness, or the effectiveness of the coping mechanisms we employ on a daily basis.

We've spoken about Kaplan's seven characteristics of effective or constructive coping in that sense. The ideas that were discussed under these 7 characteristics included actively dealing with stressors, particularly engagement type coping, actively seeking support wherever it is needed, especially social support, and breaking a larger problem into smaller chunks, which was another important characteristic, and finally mastering feelings and having faith in oneself and others.

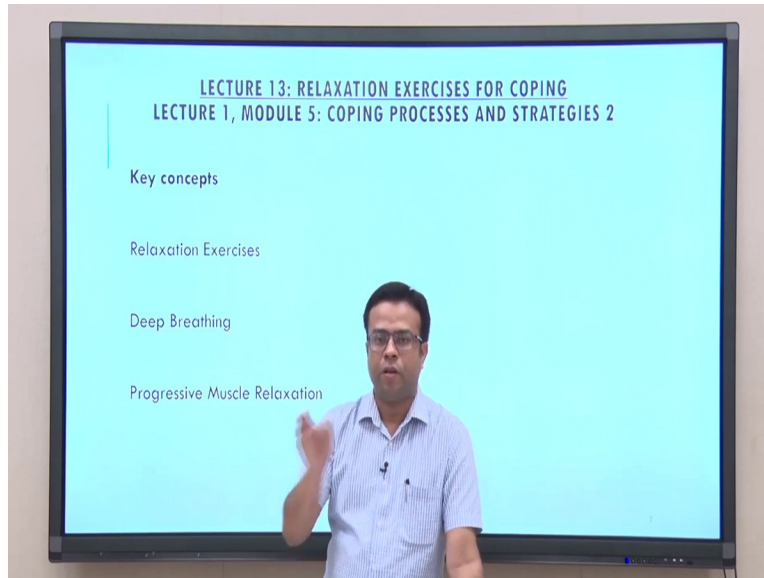
So, these are some of the characteristics that we explored as part of Kaplan's 7 coping strategy characteristics. After that, we spoke about coping effectiveness training. Folkman and his colleagues developed a coping effectiveness training module. And, though we haven't gone through the specifics of the coping effectiveness training modules, we have covered some of the

main characteristics of coping effectiveness training, including how to efficiently cope with stressors and, in particular, what are the key concepts that we must comprehend and recall.

So, in that sense, we've spoken about three important steps: the first is defining stressors and breaking them down from general to more specific stressors, or larger stressors into more manageable smaller stressors, since dealing with larger stressors at once is difficult. As a result, it's often best to break them down into smaller, more manageable chunks. As a result, we will be able to deal with them more efficiently. The second concept is to categorize stressors into those that can be changed and those that cannot. So, after you've broken stressors down into smaller, more manageable chunks, figure out what you can alter and what you can't. After that, the third step is to match those strategies to the sources of stressors. So, if there are changeable aspects of the stressors we need to use, problem focus coping is preferable, and if there is anything unchangeable about the stressors we can't do anything about, emotion focus coping strategy is preferable. Then we talked about physical ways of coping. So, essentially, we've begun discussing particular tactics from the previous class. Then we started talking about what we should do on a physical level to deal with the stressor.

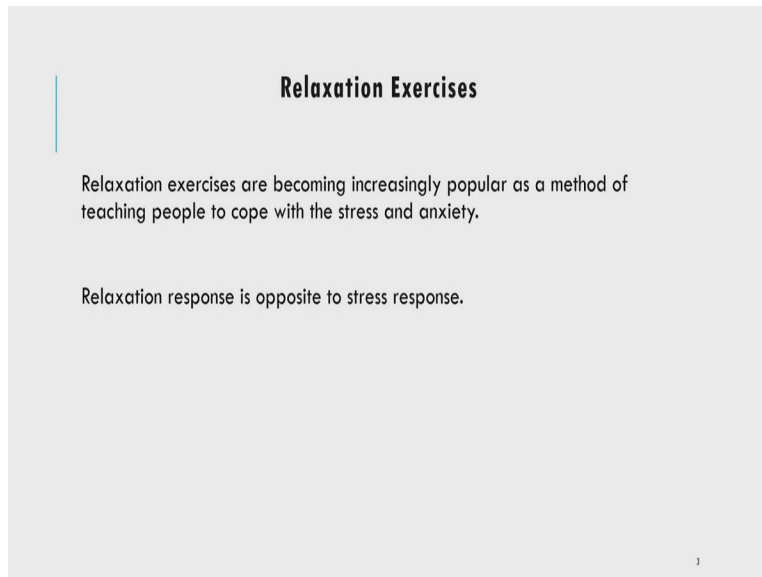
So one important topic we discussed in that context was physical exercises, which is generally associated with physical health, but research also shows that physical exercises, especially aerobic exercises, play an important role for both physical and mental health, particularly in dealing with or effectively dealing with stressful life circumstances. Regular exercise, especially aerobic exercise, helps to release a hormone called endorphins, which improves our mood and thus increases positivity in our lives. Furthermore, research indicates that exercise also provides a break from the daily stresses and stresses that we encounter in life. So, it gives us a break from that as we concentrate on workouts, which is what the time out theory is all about. So, in the previous lecture, we covered both of these topics.

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Today, we will focus on few more specific strategies which are related to physical ways of coping but they are more like mind-body strategies. So, today we will talk about relaxation exercises which are generally discussed in the context of coping with stress. So, we will discuss relaxation exercises and particularly two specific strategies we will discuss; one is deep breathing exercises, and another is called progressive muscle relaxation.

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So, relaxation exercises are very popular methods for dealing with stress that are usually recommended by practitioners and laymen. Most of you may be familiar with some relaxation exercises, and most people find them very useful in terms of dealing with stress or at the very least eliminating stress from our system, mind, and body.

As a result, the relaxation and stress responses are polar opposites. Simply put, you can't be relaxed if you're stressed, and you can't be stressed if you're relaxed. As a result, they are contradictory mental states. Stress is mediated by the sympathetic nervous system, while relaxation is mediated by the parasympathetic nervous system. Since this is a contradictory state, inducing the relaxation response immediately reduces stress. As a result, relaxation exercises are one of the most common and successful methods for dealing with stress or coping with the stress.

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Deep Breathing/Diaphragmatic Breathing

Have you noticed how you breathe when you are relaxed and when you are anxious/tensed?

So, let us begin by discussing one such relaxation strategy: deep breathing, also known as diaphragmatic breathing, diaphragmatic breathing, or deep breathing. It is common knowledge that if we are stressed or anxious, people advise us to take a few deep breaths. As a result, most of us have an intuitive understanding that taking deep breaths helps us relax more quickly. As a result, this has a significant effect, and the majority of people are aware of it. So, let's look at the processes and how they affect us. So, before we get into deep breathing, I'd like to ask you a question: have you ever noticed how you breathe when you're relaxed versus when you're stressed? Have you ever noticed the difference in your breathing pattern when you're relaxed versus when you're tense?

You can notice specific variations in your breathing pattern depending on your emotional states. If you notice your breathing pattern you will find that our emotional state has an effect on our breathing pattern. As a result, this is an essential type of association that we can observe and discover. So, when we are relaxed, we naturally take slow and deep breaths, while when we are tense and stressed, we take shallow and rapid breaths, and there is a physiological connection between the two. As a result, our breathing pattern varies depending on our mental state. As a result, we use the body's wisdom to promote relaxation by deep breathing.

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Our breathing pattern can influence our mental and physical state and health.

There are two basic patterns of breathing-

(1) Thoracic (Chest) breathing.

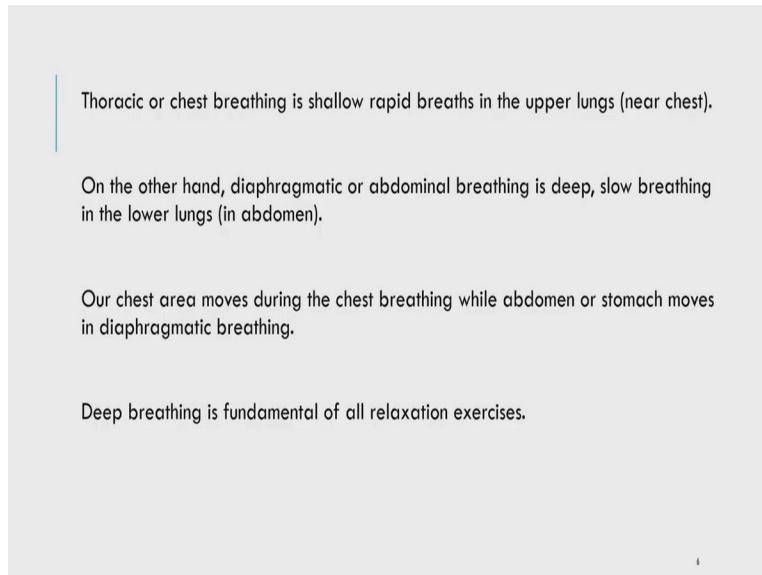
(2) Diaphragmatic (Abdominal) breathing.

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In general, our breathing habits may have an effect on our mental and physical health. So, breathing is extremely important; obviously, breathing is linked to our lives, but our wellbeing, both physical and mental, is also intimately linked to our breathing patterns. As I previously said, there are two simple breathing patterns that we can observe. The first is known as chest breathing or thoracic breathing. So, the first type of breathing is called shallow breathing, shallow and rapid breathing, and the second type of breathing is called diaphragmatic breathing, also known as slow and deep breathing.

So, there are two common breathing patterns that we can find in terms of extremes of breathing patterns: one is chest breathing or shallow breathing, and the other is abdominal breathing or deep and slow breathing.

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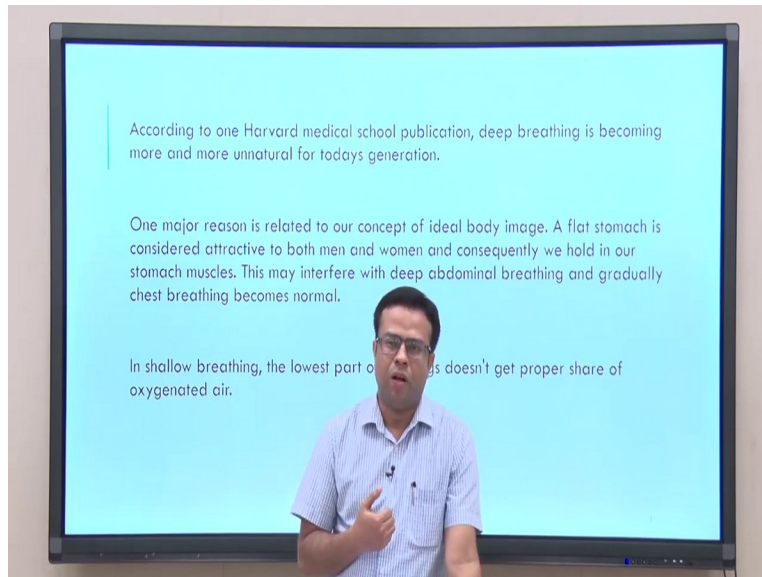


Shallow quick breaths in the upper part of the lungs are referred to as thoracic or chest breathing. As a result, the upper portion of the lung is close to the chest. As a result, when we do or indulge in chest breathing or shallow breathing, our chest moves. As a result, the majority of the air passes into the upper lungs. As a result, when we do chest breathing or shallow breathing, our chest moves.

Diaphragmatic or abdominal breathing, on the other hand, is usually deep and steady breathing that goes up to the lower part of the lung. As a result, during deep breathing, our stomach or abdomen shifts. As a result, it reaches the stomach level. As a result, the lower portion of the lungs. As a result, when we do abdominal breathing, our stomach simply moves, goes, and moves outside. When we do chest breathing, our chest moves, while when we do diaphragmatic breathing or deep breathing, our abdomen or stomach moves.

And this deep breathing is central to all relaxation exercises because whatever relaxation exercises we do, we always begin with deep breathing. This is critical since it is one of the most effective and straightforward methods for triggering the relaxation response in the body. So, it's a common thread that runs through all relaxation exercises. On top of that, we can use a variety of other methods or techniques, but most of them begin with deep breathing.

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Deep breathing is becoming increasingly unnatural in today's world, according to some Harvard medical school publications, for a variety of reasons. People are increasingly encouraging, both actively and unconsciously, shallow chest breathing; one big explanation is linked to our perception of ideal body image.

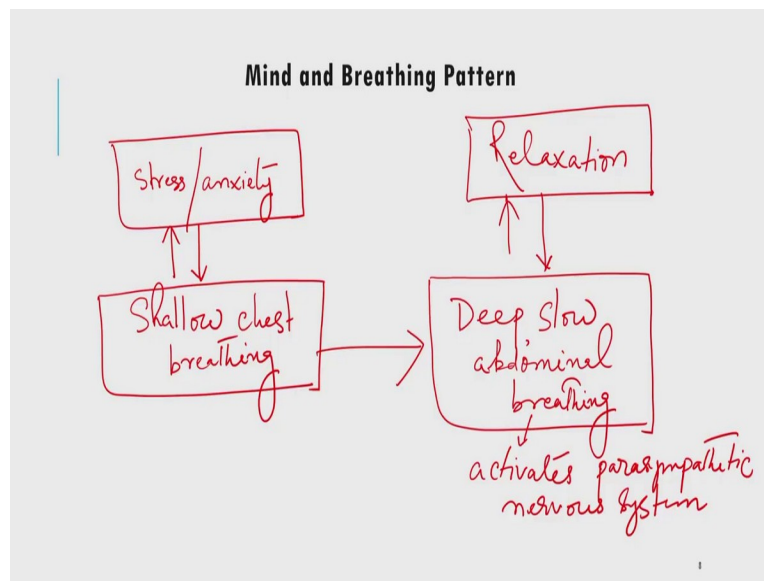
So, in general, if you look at the newspapers, advertisements, and the whole world of ideal body image, a flat stomach is thought to be desirable for both men and women. So, whether consciously or unconsciously, we are aware that our stomach is inside, that it is flat, and it is correlated with an ideal body image and desirable body image. As a consequence, we tend to breathe from our chests the majority of the time.

As a result, we're not doing deep breathing. The majority of the time, we aren't doing it that way merely to keep our stomachs flat. So, much of the time, we are doing chest breathing unconsciously in order to keep or project a more desirable or ideal picture of the body.

As a result, these types of ideas are interfering with our deep breathing, which eventually becomes the norm, and chest breathing becomes the norm. As a result, we tend to indulge in shallow chest breathing rather than deep breathing much of the time. As a result, it may have implications in terms of how we relax. For example, shallow breathing may not help us relax deeply.

As a result, we could be more anxious and stressed most of the time simply because we are unable to take deep breaths. Another thing that occurs with shallow breathing is that the lowest part of the lung does not receive an adequate amount of oxygenated air. As a result, if you're breathing shallowly, your lungs aren't getting the amount of oxygenated air they need. As a result of the shallowness, it isn't completely oxygenated, and air isn't getting to the lungs properly. As a result, it can have physiological and psychological effects, such as an inability to relax properly.

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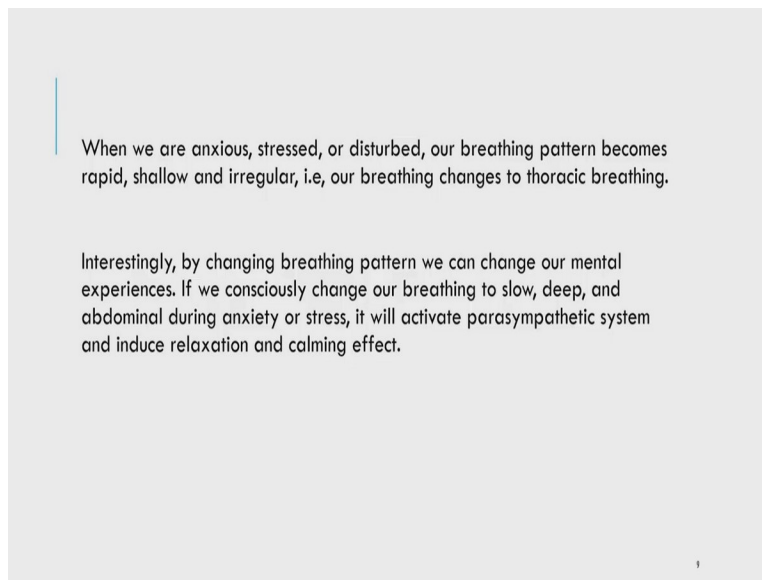
So, if you'll just allow me to demonstrate the relation between the mind and breathing pattern using a diagram. Whenever this mental experience of stress and anxiety causes shallow chest breathing, or the other way around, too much shallow and chest breathing can also trigger stress and anxiety in the mind.

As a result, both will interact in both directions. On the other hand, a relaxed state of mind can induce deep and slow abdominal breathing, and the opposite can also be true: deep and slow abdominal breathing can induce relaxation.

So, if we can adjust our breathing pattern at that moment, so that instead of shallow chest breathing, we trigger deep slow breathing at the moment when we feel stress, it can gradually change our mental experience of stress and anxiety. It will also serve to replace the stress and anxiety response with a relaxation response. So, this is the process at work in this situation.

So, if we are stressed, we are more likely to experience shallow and chest breathing. If we actively shift our breathing pattern to more abdominal deep and slow breathing at that time, it will trigger a relaxation response in our minds, reducing stress and anxiety. Deep and slow breathing triggers the relaxation response by triggering the parasympathetic nervous system, which has the purpose of calming and relaxing the body. In other words, it stimulates the parasympathetic nervous system, which causes the relaxation response. So, this is the connection or process that exists between the mind and the breathing pattern.

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Our breathing pattern becomes rapid, shallow, and erratic when we are nervous, stressed, or disturbed. So, essentially, the breathing shifts to thoracic breathing, and we can change our mental experiences by altering our breathing pattern.

So, during stress, actively changing our breathing to slow, deep, and abdominal breathing will stimulate the parasympathetic nervous system and promote relaxation. So, this is the entire scenario that I attempted to depict using a diagram. As a result, this is how deep breathing functions.

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Slow, deep breathing has been shown to increase parasympathetic activity (Pal, Velkumary, & Madanmohan, 2004).

A growing number of empirical studies have revealed that diaphragmatic breathing may trigger body relaxation responses and benefit both physical and mental health (Ma, yue, et. al., 2017)

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As a result, some research suggests that slow or deep breathing is linked to an increase in parasympathetic nervous system function, which is linked to relaxation response. A growing body of evidence suggests that diaphragmatic or abdominal or deep breathing stimulates the body's relaxation response, which is beneficial to both physical and mental health. As a result, several studies show that deep breathing has health benefits.

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A Simple Deep Breathing Exercise

- Sit or lie down in a comfortable position in a quiet place.
- Put one hand on your belly and the other hand on your chest.
- Inhale, taking a deep breath through your nose. As you inhale feel your belly rise and push your hand out. Your hand on the chest should not move.
- After a short pause, exhale, breathe out through your pressed lips as if you were whistling. As you exhale your hand on your belly should fall back, and use it to push all the air out.
- Do this breathing few times (5-10 times) until you feel relaxed. Take your time with each breath.

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So, here are some instructions for you to follow to perform a basic deep breathing exercise. So, doing deep breathing exercise is a very easy process that takes just 5 minutes and can be performed when we are stressed or as a daily part of our exercise routine.

As a result, you can simply sit or lie down comfortably in a comfortable position for this. This can be achieved while sitting in a chair or while lying down. So, for deep breathing, place one hand on your belly and the other on your chest. As a result, you'll be able to sense where the air is moving. So, deep breathing should go to your belly, your belly should move, and chest breathing should move your chest.

So, just to be sure, put one of your hands on your stomach and the other on your chest. So, take a deep breath through your nose and inhale. So simply inhale and take a deep breath. So, if you take a deep breath, your hand on your belly will rise, while your hand on your chest does not move. As a result, if your hand on your belly moves, you're taking a deep breath. When you inhale, your belly rises, pushing your hand out; however, your hand on your chest should not move.

After you've inhaled, take a brief break before exhaling through your pressed lips, not your nose, as though you're whistling. As if you're whistling, your breath should pass out of your pressed lips.

So, when you exhale, your hand on your belly should fall back, and there should be no movement in your chest hand. So, place one hand on your belly, one hand on your chest, inhale through your nose, your hand on your belly should move out while inhaling, keep it for a few seconds, exhale through your mouth, as if whistling, your hand on your belly should move, not your chest.

As a result, this is a very easy exercise that can be performed anytime. This is one of the most basic exercises for inducing a relaxation response. As a result, we should practice deep breathing as much as possible; it is beneficial to both the body and the mind.

Since deep breathing provides more oxygenated air to your lungs, shallow breathing deprives your lungs of oxygen. So, it's important that we do it consciously through practice, and that we do it in a daily or day-to-day life as well, so that deep breathing becomes a habit.

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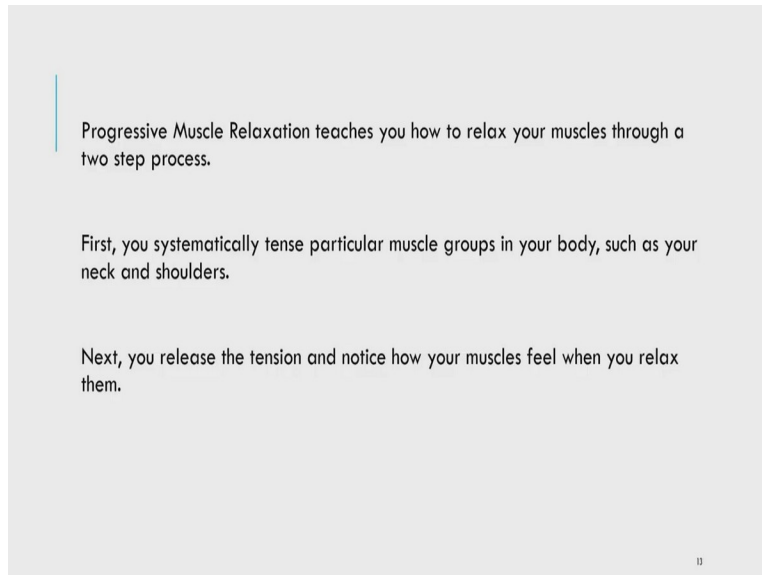
Progressive Muscle Relaxation

One of the most popular relaxation exercise developed by Jacobson (1938) called **progressive muscle relaxation (PMR)**.

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Now we'll talk about Progressive Muscle Relaxation, which is a type of relaxation exercise. Which is also known as PMR in abbreviated form. This is, once again, one of the most common relaxation exercises among professionals, as well as one of the most successful methods of achieving deep relaxation. Jacobson came up with the idea in 1938. As you can see, it was created decades ago, but it is still very popular. For the simple reason that it works. So, what exactly is a progressive muscle relaxation technique?

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Progressive muscle relaxation, on the other hand, shows us how to relax our muscles in two steps. So, it is not specifically based on the mind as such, but rather on relaxing our muscles of the body in two steps: first, you systematically tense specific muscle groups of the body.

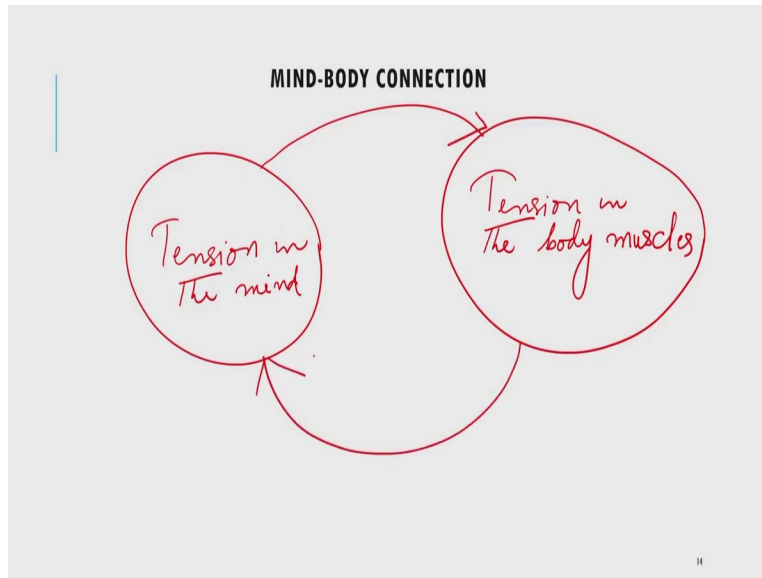
So, we have different muscle groups in our bodies; we'll go through some examples of those muscle groups, and we'll be able to recognize and tense each one. So, we tense these muscles, one by one, muscle group by muscle group, such as your face, arm, and shoulder. So, tense the muscle group one by one, systematically one by one, and then note the tension as you tense the muscle group, then release the tension and feel the relaxation. So, tensing and relaxing the muscles, and then feeling the relaxation. So, this is how progressive muscle relaxation works. So, first, identify different muscle groups in the body, tense each muscle group, and then relax it, tensing and relaxing it, tensing and relaxing it.

So, what exactly is this concept of tensing and relaxing, and how does it work? So, if there are contrasting experiences, we will sort of appreciate the meaning of an experience in the presence of a comparison, according to the theory. So, if we are feeling tense, we should appreciate the importance of relaxation. As a result, we construct a contrasting feeling, and then you experience the reverse, which is much easier to feel when there is a difference.

So, when we are in a very sad situation, we understand the importance of happiness. As a result, being in a sad state emphasizes the importance of happiness. As a result, there is a comparison.

Similarly, when we deliberately use or build stress in order to relax, the value of relaxation and the feeling of relaxation become even more pronounced, and we have a much better experience of it. As a result of generating this stress and relaxation, we reach a highly relaxed state of body, which eventually leads to mental relaxation. This is the fundamental concept of progressive muscle relaxation.

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So, in this case, the mind-body relation is essentially like this. So, if we feel stress and anxiety in our minds, it affects our body muscles, and this is the cycle that occurs. As a result, you may have noticed that if you are extremely tired, you get a headache and pain in your muscles. It is primarily because our mental stress is influenced by, influenced, and stored in the body muscles, especially in the back and neck.

So, stress in the mind causes tension in the body muscles, which manifests as pains and aches in the body, and this tension in the body or muscles leads to increased tension in the mind. As a result, it's a vicious circle: one influence affects the other, and the other influences the other. As a result, this is a vicious trap from which many people struggle to break free.

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According to Dr. Jacobson, There is a direct relationship between tension in the mind and tension in the body muscles.

Anxiety and stress creates tension or tighten up muscles in the body. This tightness in the muscle leads to various unpleasant feelings in the body such as headache, pain in neck, chest, back etc. These unpleasant feelings in the body further increases stress and anxiety that again increases muscle tensions. This is a vicious cycle.

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According to Jacobson, the inventor of this technique, there is a clear connection between mental stress and muscle tension in the body. So, directly, and I don't believe we need research evidence for this, we can all feel it in our day-to-day lives. Muscle pain is caused by anxiety and stress. As a result, anxiety and stress tighten the muscles in our bodies, which is why we all say, "I need to relax my body." As a result, when we feel tension and anxiety in the head, our bodies become heavy and rigid.

This muscle tightness causes a variety of unpleasant feelings in the body, such as headaches, neck, chest, and back pain, and these unpleasant feelings in the body increase stress and anxiety, which in turn increases muscle tension.

As a result, this is a vicious cycle that we encounter often in our daily lives. But that's how it went down. We're attempting to break this vicious cycle by using progressive muscle relaxation. As a result, we're attempting to break it by relaxing our body muscles. As a result, our mind will relax once more, and our body will relax once more. As a result, this muscle relaxation will break the cycle.

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Relaxation is the only way to break this vicious cycle. Relaxation is a skill that we need to learn. PMR is one such skill that induces relaxation very easily and can be learned by everybody.

PMR works based on the principle of one can not feel anxious or stressed when physically relaxed. (Jacobson, 1977).


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So, the only way to break this vicious cycle is to relax. And, in fact, this progressive muscle relaxation is very powerful in the sense that it relaxes the body at the muscle level, not only at the mental level. And it's easy to do because we don't need much effort or concentration; it's more of a physical workout value, and everyone can do it.

So, relaxation is a skill that we must practice because it does not occur naturally; we must induce it and take action to achieve it. Progressive muscle relaxation is one such ability that can be mastered by anyone and can quickly induce relaxation. And there isn't much to it in terms of technicality.

So, I'll just tell you what steps are involved in it. So, when we are in the state of physically relaxed state, we cannot experience stress and anxiety. As a result, because we are physically relaxed, we are unable to feel tension or anxiety. Since these are contradictory states, they cannot occur simultaneously, but they may occur separately.

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Before You Start

Preparation

- Set aside about 15 minutes for the exercise.
- Find a quiet and comfortable place.
- Remove your shoes and wear loose clothing.
- Consult your doctor before performing PMR if you have any underlying medical conditions that hinder physical activity.
- Do not perform if you have broken bones or pulled muscles.
- Avoid doing it immediately after heavy food.

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So I'll just give you a few instructions on how to do it. So, before one has to do progressive muscle relaxation, there are a few important things to note. One is that it will take about 15 minutes, while shorter versions may be done as well. In general, this exercise can take 15 minutes, and it is best to do it in a quiet and relaxed environment. As a result, there will be no distractions.

It is preferable to take off your shoes and dress in loose clothing. As a result, this is valid for every workout. If you have some underlying medical conditions that can make tensing muscles difficult for you. So, whether you have problems with your bones or a certain part of your body. As a result, it is preferable not to do it.

However, if you have some medical conditions, it is best not to do it, particularly if they prevent you from doing any physical activity or if you have a bone problem. Often, stop doing it right after eating a lot of food. As a result, we should refrain from exercising after a meal. As a result, it is not the best time to exercise. So, these are a few key points to keep in mind when performing any exercise, especially progressive muscle relaxation.

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General Instructions for PMR

Start with deep breathing
Before you begin, take few slow, deep breaths.

Tensing muscle group
As you breathe in, tense the first muscle group as hard as you can for five to ten seconds:

- * *Feel the tension in your muscles.*
- * *It may cause some discomfort or shaking but not pain.*
- * *focus and tense only the target muscle group.*

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Before I send you detailed instructions, I'll give you some general instructions. As I previously said, deep breathing is a component of all relaxation exercises. Similarly, deep breathing can be the starting point for progressive muscle relaxation. So, take a few long, slow breaths before you begin. As a result, it will assist you in stabilizing and feeling relaxed. The next move is to tense the muscle groups. So I'll just tell you what muscle groups there are. As you breathe in, tense the muscle group. This allows you to recognize various muscle groups and begin with one.

Let's say you start with your feet and tense the muscle group as hard as you can for 5 to 10 seconds while inhaling. Let's pretend this is your hand that you want to tense. So, tense it up as much as you can for at least 5 seconds, feel the stress in the target muscle group, which in this case is the side, and then release it. The first is the tensing muscle category.

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Relaxing muscle group

Then while you exhale, fully release the tensed muscles and relax.

Feel how the stress leaving the target body part.

Notice the difference between tension and relaxation.

Fully immerse in the experience of relaxation.

Rest

Take 10-20 seconds rest and relax.

Repeat tensing and relaxing each of the muscle groups progressively from toe to head.

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And, obviously, when you exhale, you simply release the tension in the muscle. So, when inhaling, you tense it as much as possible, and when exhaling, you simply release all of the tension. And feel the relaxation that you're getting in that specific muscle group. Feel how the tension dissipates from the target muscle group.

So, if you tense and then relax, all of the stress will be released, and you will be able to feel it because of the contrast. Take note of the differences between tension and relaxation, and completely immerse yourself in the relaxation experience. So, tense, relax, and then rest for a few seconds, maybe 5 to 10 seconds, and feel the target muscle relax for a while.

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Target muscle groups	Muscle groups (shorter)
Toes	Legs
Calves/lower legs	Shoulder, chest, neck and back
Upper legs and pelvis	Face
Stomach and chest	
Back	
Arms and shoulders	
Neck and face	

So, what are the muscle groups that should be targeted? So, since our bodies have different muscle groups, we can do this exercise by naming certain muscle groups. So, let's say we start from the toes up. As a result, we will achieve incremental muscle relaxation, also known as progressive muscle relaxation. As a result, you gradually relax various muscle groups one by one. So, whether we do an exercise or identify a muscle group progressively from the feet to the head or the head to the feet, we can do it both ways.

So, let's start with the feet and work our way up to the head, identifying the various muscle groups. So, start with your feet, which essentially consists of your feet and toes. We can tighten this muscle group by curling your toes or pushing your feet if you're sitting on the floor, and or curling the toes. Then all you have to do is tense the muscle in your foot.

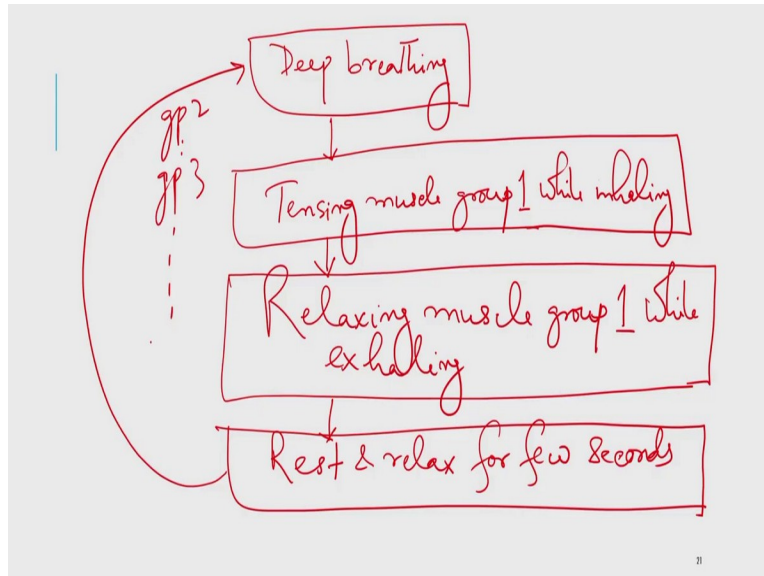
So, if you want to learn how to tense up, you can do so quickly. So, let's start with the feet and toes, or the foot portion. So, this may be a separate muscle group, and then go to the upper side of the body, up, and then to the lower legs after the feet. So, the lower leg is the part of the leg between your knee and your foot, and it includes calves muscles, which are a back section of the lower leg with a lot of muscles.

So, by tightening the calves' muscles, one can tense the lower leg. It's simple to do; just try it. Calves muscles are tightened to tighten the muscles of the lower leg. As a result, you can tense, tighten, and release it. So, if you come to the next upper side of the side body, upper leg and pelvis will follow. As a result, the upper leg is located between the knee and the hip region.

So, contract this muscle group by pulling both of your thighs together tightly, pinch, tense, and then relax it. So, after your upper legs and pelvis, your stomach and chest come next. So, you can either do stomach and chest separately or both stomach and chest together, tense them as a single muscle group. This can be accomplished by sucking your stomach in and squeezing it; you can feel the tension in both your chest and stomach by sucking them in and squeezing them. So, yes, it is possible. As a result, tensing this region can be accomplished in this manner. Then there's our backside, our backside. So, simply by putting your shoulders together behind you, you can tense up your back field. So, you can tense your shoulders by bringing them together on the back side, and you can tense your arm and shoulders by making a fist like this.

As a result, this whole region, including the shoulder and arm, can be tensed and relaxed. Then there's the neck and face. By actually distorting the muscles around the eyes and mouth, the neck and face can be tensed and relaxed together. So you can just do it like this and contract all of the muscles in your face and neck, then relax them. So, this is how we can identify various muscle groups; there are also shorter ways to do it, such as legs together, shoulder, chest, neck, back together, and face together. However, it is preferable to identify a larger number of muscle groups and target them one at a time in order to achieve a greater or more successful exercise outcome. So, this is how you can identify one muscle group to target, then gradually travel up the upper body, one by one, tense, relax, tense, relax. As a result, you can move from your feet to your head in this manner. As a result, the whole body will be fully relaxed, and you will be able to relax on a much deeper level, at both the body and physiological levels.

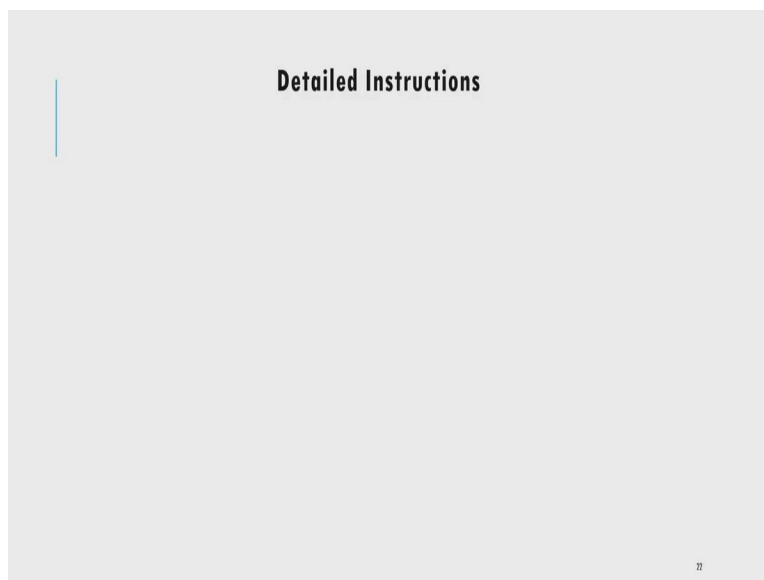
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So, essentially, the whole point of this exercise is that I can demonstrate it in this manner. So, let's begin with a deep breath and then move on to, say, muscle group 1. So, let's say we start with the feet. So, this is the first muscle group. So, tensing muscle groups while mostly, this tensing should be done while inhaling, you tense, and while exhaling, you relax; while inhaling, you tense, while exhaling, you relax, then rest for a few seconds

So, let's assume this is how you do it for muscle group 1, and then you just repeat the procedure for muscle group 2, group 3, and so on. As a result, you can repeat the same cycle for different muscle groups. But that's how it works.

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So, allow me to give you some specific instructions. So that you can learn how to do things for your own benefit. As we previously stated, you should begin by doing it while sitting or lying down in a comfortable position.

You may simply sit or lie down in a relaxing position. In a warm and quiet environment with no distractions. So, begin by taking several deep breaths while inhaling or feeling how the air fills your lungs, holding it for a few moments, and then exhaling.

So, to calm, take a few deep breaths like this. You may now turn your focus to your leg's feet and toes. Start tensing your feet by curling your toes as much as possible while inhaling; tense it, tense it, for at least 5 seconds; hold the breath; tense it, tense it, for at least 5 seconds; feel the stress, how it feels; then release the tension; now remember the sensations of relaxation in your feet; rest for a few seconds; and feel the relaxation on your feet.

Then, when inhaling, tense as much as possible your calves' muscles, tense them, tense them, feel the tension, and then release the tension while exhaling, feel the relaxation in your lower leg,

and rest for a few seconds. Then, when inhaling, tense your upper leg and pelvis area by firmly pressing your thighs together, tense them, tense them, feel the tension, keep it for a few seconds, and then release the tension. Then, when exhaling, feel the relief in your upper leg and pelvis area and rest for a few seconds.

Now, when inhaling, tense your stomach and chest region; you can do this by sucking your stomach in and squeezing it; retain the tension, feel the tension for 5 seconds; then release the tension, feel the relaxation; rest for a few seconds; then focus on your back area. tense the back area by putting your shoulders together behind you, tense them as much as possible, tense them for a few seconds, and then release the tension, feel the relief, and take a few seconds to rest.

Now concentrate on your arm and shoulders; simply tense them by making a fist, tense them for a few seconds, then release the tension while exhaling, and feel the relief in your arm and shoulders; rest for a few seconds. You will now travel up to your neck and forehead, where you can tense the muscles around your eyes and mouth. So you should tense them like this, as much as possible for a few seconds, feel the tension, and then release while exhaling, feeling the relief in your face and neck. So, after gradually doing this, one muscle at a time, you can finally tense your entire body together in whatever way you want; you can kind of tightly squeeze your entire body, face, and leg together, tense it, tense it, feel the tension while inhaling, and then release all pressures while exhaling, and feel how your body feels now.

Each and every muscle fiber will be relaxed, and you through experience a deeper level of relaxation in your body, which will eventually translate into mental relaxation. But that's how progressive muscle relaxation is done. So, the idea is that you recognize different muscle groups one by one, tense and relax each one, then move on to the next muscle group, tense and relax them, and so on, moving from feet to head or head to feet, depending on your preference. In this way, you relax the whole body's muscle groups, and eventually, the mind as well. As a result, you will feel a much deeper degree of relaxation as a result of this exercise. As a result, this is yet another method of relaxation. As a result, there are several such exercises. But learning to relax yourself, using some relaxation exercises, is one of the most popular and very easy to do exercises that I have mentioned. Learning to relax yourself, using some relaxation exercises, is one of the most common or successful ways of dealing with stress.

So, you can do deep breathing and progressive muscle relaxation, both of which are very effective, according to research. As a result, we'll go over various coping mechanisms one by one. So far, in the segment on constructive coping, we've mainly looked at physical ways of coping or mind-body interventions, or what we can do to cope with stress on a physical level. Next, we'll discuss how we can deal with stressors on a mental level by modifying our thinking processes. As a result, we'll talk about it in the next class. So, that concludes today's lesson. Thank you so much.