

BRIEF INTERVENTIONS; PROGRESSIVE MUSCLE RELAXATION AND DEEP BREATHING (ANXIETY)

BI-PED PROJECT (BRIEF INTERVENTIONS: PEDIATRICS)
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Appendix 2

It helps to have the youngster practice this at least a couple of times a day so that it can be easily implemented when he or she starts to feel tense. Youngsters can perform either progressive relaxation or deep breathing or combine the two activities.

Progressive Relaxation

- 1. Sit in a comfortable chair with both feet flat on the floor. (This can also be done lying in bed)**
- 2. Start with the toes and work up your body. First tense your toes and feet, holding them tense for several seconds and then relax them.**
- 3. Next tense your legs, calves first, then knees and thighs. Then relax each of them. You can do this with your legs elevated or just resting on the floor.**
- 4. Next tense your buttocks for several seconds and then relax them.**
- 5. Do the same sequentially with your stomach, then your hands, arms, and shoulders.**
- 6. Move onto your chest muscles, then back muscles, then face including your jaw, eyes and forehead.**
- 7. Finally tense your whole body, hold for several seconds and then relax overall.**
- 8. If overall relaxed, enjoy that sensation for several seconds. If some area remains tense, go back and focus on first tensing that area and then relaxing the area again.**

Deep Breathing

- 1. Close your eyes or stare at one point and focus on breathing.**
- 2. Breathe through your nose.**
- 3. Put a hand on your stomach and feel the air come in and then out.**
- 4. Take a deep breath in, counting to five.**
- 5. Then slowly let it out counting to five.**
- 6. Think of this as bringing in new, cleansing air and letting out the old used-up air or come up with your own image (e.g. filling with light, filling with energy, etc.)**

