



Relaxation Therapy Group

Cardiac Rehab

The Relaxation Therapy Group is run by the Occupational Therapist, Julie Alanach-Mead, and cardiac rehab nurse Maggie Callow.

It is an hour long session held just before the exercise session, and everyone, including relatives are welcome to come along. Learning to relax involves a little time and concentration but these are the only costs involved.

The Relaxation group is beneficial to people with a wide range of needs, and aims to give members appropriate information and skills, to allow them to improve breathing techniques and allow people to escape any tension or stress they may be feeling.

Healthy living is a matter of balance. Relaxation is part of the balancing process, along with other aspects of lifestyle.



Why do relaxation?

- There is a lot of evidence to support relaxation.
- Relaxation Therapy is not a panacea but can be a powerful tool.
- Relaxation helps you to reduce the effects of stress and breathe effectively.
- It can give you an overall reduction in physiological symptoms:
 - ↓ Heart rate
 - ↓ Breathing rate
 - ↓ Blood pressure
- It can give you an improved quality of life
- Alters mood and outlook.

What to expect from the session.

- Learning to relax takes practice particularly as habits of muscle tension tend to be acquired over a lifetime.
- The session is a group session and lasts for approximately 45 minutes.
- Comfortable position: sitting or lying.
- Music
- Different techniques: Progressive Muscular, Passive, Visualisation/Imagery,
- Feedback on the session.
- Handouts.