RELAXATION DRILLS

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1. Stress and tension play a major role in many diseases such as ulcers, high blood pressure, heart disease, headaches, sleeplessness, nervousness, and substance abuse.
2. Daily relaxation drills help counter the bad effects that stress has on humans.
3. People who do daily relaxation drills remain healthier, have more energy, and think more clearly. *So take twenty minutes once or twice daily to deeply relax.*
4. Get a comfortable chair and sit comfortably.
5. Relax in a relatively quiet environment such as a quiet room.
6. Restrict both eye and ear stimuli, or distractions.
7. Allow Yourself to relax. *Don’t Force Yourself to relax.*
8. An effective deep relaxation technique is known as “Quiet Sitting” or “Free Floating” relaxation.
9. You simply sit quietly for about 20 minutes and allow your mind to float freely until it settles down. (Don’t think about anything in particular – don’t concentrate on anything). Just allow your mind and body to settle down naturally on their own.
10. In order to deeply relax, you must let thoughts come and go as they please. As you are relaxing some thoughts may spontaneously rush through your mind. That’s okay. Don’t worry about these thoughts. Don’t exert yourself by trying to block these thoughts, and don’t dwell on these thoughts either. Just remain passive, leave the thoughts alone and the thoughts will gradually fade into the background so you can continue to relax.
11. The scientific term for the deep state of awake relaxation is the *Alpha State*. This is because the brain displays calm, smooth, harmonious waves called *Alpha Brain Waves* when it is completely replaced. (The Alpha Brain Waves have a frequency of 8-12 cycles per second, whereas arousal or excitation brain waves, called *Beta Brain Waves* are much faster at 13-40 cycles per second.
12. The *Alpha State* is usually associated with widespread relaxation throughout the entire body and healthy lowering of the body’s metabolism.
13. Watching TV, listening to the radio, reading, sewing, fishing, etc. will not hit the Alpha Deep Relaxation State because these activities still place demands on the brain and keep the brain too busy to completely relax. This means that these activities may get you to the shallow states of relaxation, but they won’t get you the deep states of relaxation.
14. Even sleep will not hit the Alpha Deep Relaxation State because the brain remains very active during sleep, especially during dreaming. (Therefore, sleep does not completely relax the brain or counter stress). Even after sleep you can still be stressed out.
15. You must do daily relaxation drills which allow your mind and body to *completely relax* in order to hit the deep states of relaxation.
16. So settle back, hit the deep states of relaxation, and enjoy a happier, healthier, more productive life.

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