

Relaxation Practices

to Enhance

Physical & Mental Well-Being



Yoga, Guided Relaxation, and Meditation





Objectives

- **Introduce USPHS Officers to engaging in Relaxation Practices**
- **Orient USPHS Officers to utilizing Mind-Body Services at Military Treatment Facilities**

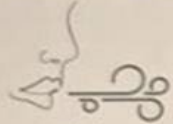



Walter Reed National Military Medical Center


Free Offerings – Virtual & In-Person


Mind Body Therapy

Walter Reed National Military Medical Center

 **Breath Practices**

 **Meditations**

 **Mindfulness Practices**

 **Yoga Postures/ Movement**

SCHEDULE AN APPOINTMENT

Stop by the Internal Medicine Front desk.

OR

Call 301-295- 7859

No Formal Referral Needed



Yoga



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What is Yoga?

Yoga is a popular form of exercise that promotes physical health and well-being. It emphasizes physical postures, breathing techniques, and meditation.



How to: Yoga Warm-Ups



<https://sivanandacanada.org/camp/our-teachings/sun-salutation/>



How to: 12 Yoga Postures



1. HEADSTAND

ŚIRŚĀSANA



2. SHOULDERSTAND

SARVĀṄĀSANA



3. PLOUGH

HALĀSANA



4. FISH

MATSYĀSANA



5. SITTING FORWARD
BEND

PASCHIMOTHANĀSANA



6. COBRA

BHUJAṄĀSANA



7. LOCUST

ŚALABHĀSANA



8. BOW

DHANURĀSANA



9. HALF SPINAL
TWIST

ARDHA
MATSYENDRĀSANA



10. CROW

KAKĀSANA



11. STANDING
FORWARD BEND

PADA HASTHĀSANA



12. TRIANGLE

TRIKONĀSANA

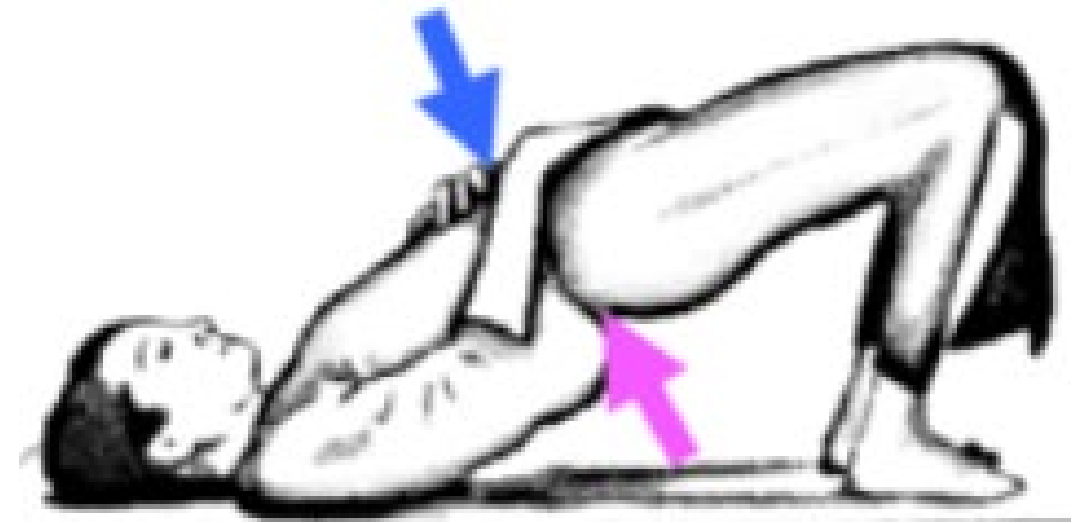
<https://sivanandayogaranch.org/twelve-basic-asanas/>



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Benefits of Yoga

- Attainment of equilibrium and harmony
- Promotes self-healing
- Removes negative blocks from the mind and toxins from the body
- Increases self-awareness
- Helps in attention, focus and concentration
- Reduce general negativity and negative thoughts
- Improved focus and flexibility
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system
- Comparable practices to explore include Tai Chi



Guided Relaxation



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What is Guided Relaxation?

By inducing a state of calm and balance, guided relaxation can help individuals reconnect with their inner selves and cultivate a more resilient and stress-resistant relationship with their body.



How To: Guided Relaxation Techniques

1. Lay down on your back with your feet mat distance apart.
2. Rest your arms at a 45 degree angle away from the body, shoulders relaxed, palms up.
3. Close your eyes, keep the head steady between the shoulders.
4. Take long, slow, deep breaths.
5. Progressively relax all the parts of the body, gradually scanning from toes to head.



[Yoga Nidra Relaxation Audio Link](#)



Meditation



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Relaxation Practices

What is Meditation?

Meditation refers to a variety of practices that focus on mind and body integration and are used to calm the mind and enhance overall well-being. Some types of meditation involve maintaining mental focus on a particular sensation, such as breathing, a sound, or a visual image.



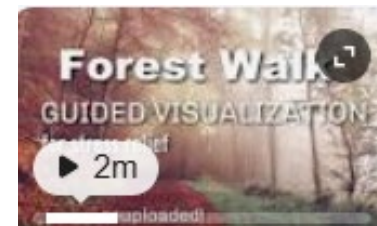
How To: Meditate

- Sit in a comfortable position
- Cross legged on the floor or a big chair with a soft cushion
- Straighten your spine
- Breathe deeply through your nose
- Inhale to fill up lungs and then exhale slowly to expel all the air, observing the breath all the time



Benefits of Meditation

- Physical Benefits
 - Decrease physical tension
 - Lower blood pressure
 - Aids in relaxation
 - Strengthens the immune system
 - Slows the aging process
 - Helps recharge
- Psychological Benefits
 - Calms
 - Soothes
 - Helps to be tolerant
 - Helps control anger
 - Energizes
 - Helps personal growth



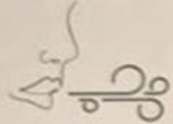
[Forest Walk Guided Visualization Audio Link](#)


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References

- NIH National Center for Complementary and Integrative Health (NCCIH)
<https://www.nccih.nih.gov/>
 - <https://www.nccih.nih.gov/health/relaxation-techniques-what-you-need-to-know>
 - <https://www.nccih.nih.gov/health/yoga-effectiveness-and-safety>
 - <https://www.nccih.nih.gov/health/tai-chi-what-you-need-to-know>
 - <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>





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