

## Introduction

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Everyone has experience with a variety of symptoms, such as important exams, job interviews, matches, competitions, research presentations, speeches, etc. that make your breasts pounding, sweat and shake your hands. If you can ease the tension quickly, it will be easier to demonstrate your daily abilities more quickly. Or a person who is more prone to tension, or who have symptoms like the above, even though he is not so nervous or headache, chest pain, nausea, stomach pain, abdominal pain or diarrhoea, Some people experience numbness in their hands and feet. Also, it can be a severe attack enough to feel "it might die" because it is attacked by "Hyperqiming syndrome" and "Panic attack" or a sudden terrible palpitation and the stifling. Here is one of the most effective relaxation methods for these various symptoms. Anyone can easily master it and it is surprisingly effective.



## Welcome everyone

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[Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00

○<http://www.chc.kyusyu-u.ac.jp/>

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## Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
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6. How to deal with parents during adolescent year
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8. Transfer students
9. How to manage your schedule
10. Friendship at the university
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12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

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Selfcare



For students

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Mental and physical health 10

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# Relaxation

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This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

**Kyushu University**

Center for Health Sciences and Counseling

## Relaxation Method

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Let's put it into practice. At first

- 1 ⅴ Pay attention to your lips,
- 2 ⅴ Make your mouth thin and long.
- 3 ⅴ Draw my mind to the image by imagining that you have a thin breath like a thread from my mouth.

That's the most important point.

- 4 ⅴ Try to exhale all my breath spitting with my stomach.

Use your abs to get your stomach down enough. Before you get used to it, you may want to put your hands on your stomach and exhale while making sure your stomach is completely pulled

- 5 ⅴ Relax your abs at once and take a breath.

The reactionary that withdraws the stomach, the stomach swells with a puff when breathing. Make it feel like it's bulging. There are two important things to do at this time: (1) never need to take a deep breath, and (2) pay attention to the movement of the stomach rather than breathing.

- 6 ⅴ Inhale through your nose when intake.

By performing these breathing techniques, many of them will be able to relieve unpleasant symptoms within five minutes or at least a minute at the earliest.

- 7 ⅴ Imagine being in a place or situation where you can relax.

Anything you like, such as a grassy meadow with a refreshing breeze, a grove of forest singing by a small bird or a pleasant sea breeze on a seaside terrace, is fine. It is a splendid relaxation method if it does so far.

## Relaxation Mechanisms

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This method briefly explains the mechanism by which tension and the symptoms associated with it subside.

The function of internal organs such as circulation, breathing, digestion, perspiration and temperature regulation, endocrine, reproduction and metabolism

is related to transient disturbance of this autonomic nervous system. The autonomic nervous system is usually run unconsciously and cannot be controlled by its own volition. However, there is only one exception. That's breathing. The rhythm, frequency and depth of breath is usually unconsciously regulated by the autonomic nervous system. But once you pay attention, anyone has some control.

Also, function of breathing is closely connected with other autonomic nerve functions such as blood pressure, pulse, the speed of digestion, the amount of sweating and the body temperature. When unpleasant symptoms occur, there is almost certainly "breathing disorder". By adjusting this breathing disorder, the autonomic nervous system is generally regulated.

One of the classifications of the method of breathing is divided into "chest type breathing" and "abdominal breathing". Breathing mainly using the thorax (ribs surrounding the lungs and the muscles around it) is chest-type breathing, mainly the diaphragm (the membrane made of muscles separating the heart of the chest and the belly) and abdominal breathing using the abdominal breathing. In "Disturbed breathing" here, belly breathing is hardly used and it tends to become a chest type breath entirely and shallow, fast breathing. This condition can be led to "calm breathing", that is, to the abdominal breath which is relaxed and used enough to the lower part of the lung. However, it is quite difficult even if it is said, "Adjust the breath" in the midst of a severely unpleasant symptom because it is very nervous, and the uneasiness is strong. Especially, it can be even more painful if the person who feels "stifling" strongly in an unpleasant symptom turns attention to the breath itself. Therefore, the first point of this method is to

pay attention to the movement of the lips and the stomach, not the breath itself. This can also calm a state of mind disturbed by tension or unpleasant symptoms. The second point is to make the exhale longer by making the exhale thinner. As a result, the interval of the breath extends and it becomes a breath naturally and relaxed. The third point is to use the abdominal muscles to pull in the belly, where the belly naturally swells by the recoil that pulls out the force of the abdominal muscles. When your stomach is bloated and you breathe in, you naturally transition to abdominal breathing using the diaphragm. By doing this, it becomes "relaxed abdominal breathing" as a result.

So far, we have talked about anxiety and tension in the direction of causing disorders in the autonomic nervous system, but in fact, there is also the opposite side of the disorder of the autonomic nervous system that causes anxiety and tension. Therefore, they often fall into a vicious circle in which both sides strengthen each other. To suppress the state, it only has to work somewhere in this vicious circle and to refuse the route which strengthens each other. The exhalation extension method is one of the simple, easy, but powerful methods.

## Practice Practice Daily.

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It's certainly an easy way to do it, but it's even more effective to practice and master it regularly. In the event of an emergency, you will be able to achieve a faster and more reliable effect.