

“Stress release like a dream”

In our previous edition, we discussed stress and introduced several ways of fighting it. Now, let's get started with stress relief!



Relaxing body and mind through autogenic training

What is autogenic training?

Autogenic training is a method of relaxing the body and the mind through autosuggestion, thereby achieving a calm mental state.

Once you've mastered this technique, you can relieve stress quickly and easily, whether at home or at work.

Trying autogenic training!

After returning from the restroom, remove your wristwatch and glasses and sit at ease in your chair or lie on your back. Clench each hand into a fist and tense your entire body, then release all the tension at once. Close your eyes lightly and try recalling what it feels like to lie in the sun. Expand your abdomen by breathing in with your nose, then lower it by breathing out slowly from your mouth. Repeat this abdominal breathing exercise two or three times, then resume normal breathing and slowly repeat the following formulae (phrases) in your head.

Basic formula: “I feel relaxed.”

Formula 1: “My arms and legs feel heavy.”

Formula 2: “My arms and legs feel warm.”

Note: You can start by trying this for just your dominant hand.

Example: “My right hand feels heavy.” “My right hand feels warm.”

Formula 3: “My heart is beating steadily.”

Formula 4: “I am breathing comfortably.”

Formula 5: “My abdomen feels warm.”

Formula 6: “My forehead feels cool.”

(Repeat each of the above three times.)

* Although there are seven formulae in all, you don't need to complete all of them to achieve success. You can even obtain benefits by proceeding through Formula 2 only. Start by trying the exercises through Formula 2 only.



Finally, don't forget to engage in the following exercise to eliminate tension!

Clench each hand into a fist and open it. Repeat this three to five times.

* Those with heart diseases should skip Formula 3, and those with respiratory diseases should skip Formula 4

A word from the staff

People who don't like tough exercises can relieve stress just by thinking about fun things to do. Try taking just a five- or ten-minute meditation break from work.

** Next step of stress release like a dream **

Relieving stress by stretching!

Next time, we will be showing you stretching exercises incorporating music and aroma.