MIND: Very Calm Racing

(mental state)

TIME	LENGTH	PHYSICAL	RELAX.	MENTAL	RELAX.	P	ULSE				COMMENTS
TIME - F DAY	OF TIME	BEFORE	AFTER	BEFORE	AFTER	BEFOR	E AFTER	BEFO	ORE, AF	TER	
OF DAY	OF TIME	DEI GI		1			1		- C		
8						11 11	1	-	1		
	-		ı		1		1				
			1		1			_	- 1		
-					1		c c				
			i.		1			-			
			1		i i		3				
			1	,	1		1	-			
			,		í.		1 2		1		
					1	-		_	- 1		
		20	1 0		1		r.		i		
			1		1		1		1		
			ī.		1		i i		1		
			-		1		1		1		
			1		1		ř.				
	_	_	-		1				,		
			1		1						
-	+				1		ï		1		
			ı,		1						
-	_		1		1		1				
	OF DAY	TIME LENGTH OF DAY OF TIME	OF DAY OF TIME BEFORE	OF DAY OF TIME BEFORE, AFTER	OF DAY OF TIME BEFORE AFTER BEFORE	OF DAY OF TIME BEFORE AFTER BEFORE AFTER	TIME LENGTH PHYSICAL RELAX. RETURN BEFORE AFTER BEFORE AF	OF DAY OF TIME BEFORE, AFTER BEFORE, AFTER BEFORE, AFTER	TIME LENGTH PHYSICAL RELAX. MENIAL RELAX. OF DAY OF TIME BEFORE AFTER BEFORE, AFTER B	TIME LENGTH PHYSICAL RELAX. MENIAL RELAX. OF DAY OF TIME BEFORE AFTER	TIME LENGTH PHYSICAL RELAX MICHAEL BEFORE AFTER BEFORE AF

SESSION FOUR: INTEGRATION

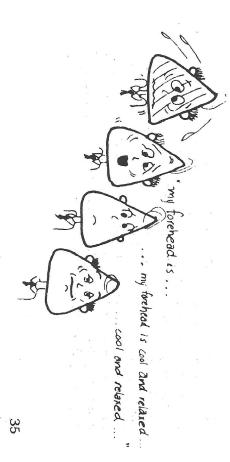
In Session Four we will cover three new topics: special formulas, shortening the exercises, and integrating autogenics into your daily life.

Special formulas

People who are doing autogenics as part of a therapeutic program for some specific medical condition will have by now discussed the technique with their clinician as it relates to their condition. For these people, it is sometimes necessary to devise a special autogenic phrase, custom-tailored, as it were, to fit their individual case.

An example might be someone who suffers from tension headaches in the forehead and temples. A special phrase in this case might be. "My forehead is cool and relaxed".

Even if you are not in therapy for a specific medical condition, you may like to consider this sort of phrase for yourself. When you get upset, for instance, does your face get hot and flushed? Saying to yourself, "My forehead is cool and relaxed", can bring about a soothing feeling as if a cool, damp cloth was being gently wiped across your forehead and face, or as if a cool breeze was flowing in from the window. It is best to discuss with your clinician any ideas you may have about a specific formula, as there are possibly difficulties which may arise in using some special formulas.



In a hurry — keep the exercises short

You have been practicing Autogenics in a variety of times. Don't forget that when limited time is available — for example, between household chores, waiting to see someone, or between changing and going out for an evening, you can still do the exercise in a few minutes or less.

You might say, for example:

"My right arm is heavy" - once

"My arms are heavy and warm" - three times

"My body breathes me" - three times Special formula - three times

"My neck and shoulders are heavy" - one or two times

You will by now be experiencing the onset of pleasant, relaxed feelings almost as soon as you begin to practice, so you may be able to summon the response with only a very few phrases. It is important to keep practicing frequently on a regular basis.

which you find it difficult to relax. Start with the easiest, and end with

Make a list of ten situations which occur regularly in your life and in

In the space provided please do the following:

as many as you know about. You may find it easier to draw up the

the most difficult. If you can't think of ten different situations, just list

situations occur. When you can relax in the first situation, you should

list with help from your clinician. When you have made the list, start practicing with the cue phrase whenever any one of your first three

begin practicing with the second, third, and fourth; then the third

fourth, and fifth. Continue until you have mastered every situation

on your list. A sample list is included here

shoulders are heavy" at various times of day. We would now like you to start using this more specifically — in situations that make you

We asked you earlier to start using the cue phrase "My neck and

Integration

tense, or in which you habitually suffer from severe stress reactions

INTEGRATING RELAXATION

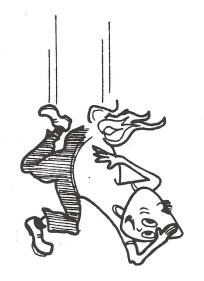
Relaxation Progress Chart

SITUATIONS			QUICK	RELAXA	TION ACH	HIEVED		
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
1 Warm bath	/							
2 Dinner and family	V						,	
3 Driving in light traffic		/					r i	10
4 at work - regular day			1				*	
5 Dinner Party			1					7
6 Meeting new people				/				¥
7 Difficult customer					/		e	
8 Children fighting		8	97 12				HED 0411	

Si	TUATIONS			QUICK	RELAXA	TION ACH	IIEVED		
		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK . 8
1					8			8 8 8	N × 2001
2						9 2 6			
3				19	*.	(A) 7	9		
4	,			S 8 1					5
5		e s		0					,
6	. 3		4 8		. 0				
7		2 -		* * * * * * * * * * * * * * * * * * *		e e e		n. 0	, .
8		M8 D2 =	, , ,		F		a a a	P	
9		e e	9.20		1				
10	. *4	, ,	¥	.81		·		4	

Practice using the cue phrase for two weeks, then talk over the whole matter with your clinician. It is sometimes a very difficult part of the technique to master, because, naturally enough, most of our attention is on the factor which is causing us stress.

Of course, some situations causing stress call for immediate action — fight or flight — and that is why nature equipped us with a stress mechanism. So, if the house is burning down, don't sit there saying your autogenic phrases.



Enhancing the quick relaxation

You have been doing quick relaxation in a variety of situations by taking a deep breath in and saying "my neck and shoulders are heavy". The response can become deeper and brought on more quickly by using a "full breath" plus your cue phrase. This will be described in more detail below.

Breathing involves different groups of muscles of the trunk. Some are located in the chest wall, a few even extend from the shoulders up into the neck. A large muscle devoted primarily to breathing is the *diaphragm*, located between the chest cavity and the abdomen. Relaxed breathing is done primarily by the *diaphragm*.

The lungs are shaped something like this:



diaphragm

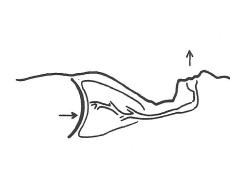
As you can see, the greatest volume is in the lower part of the lung next to the diaphragm. Using the diaphragm therefore moves a large volume of air and allows for slow rhythmical breathing. At rest, a rate of 6-10 breaths per minute usually would be adequate.

Most of us, however, do not breathe *primarily* with the diaphragm, but primarily with the chest. We wrongly try to keep "our tummies tucked in" and immobile. This chest breathing causes us to take in smaller amounts of air with each breath and the breathing rate is closer to 10-16 per minute at rest.

Breathing in a slow easy manner with the diaphragm will help induce relaxation. The heartbeat slows as a response to relaxed diaphragmatic breathing.

To practice relaxed breathing start by breathing in as if you were filling your abdomen. Then let the chest become full as you continue to breathe in. When you are close to a maximum breath in, relax and let the air flow out gently and evenly.

As you can see —





the stomach has to go out as the diaphragm comes down. Contrary to popular ideas on posture — we should have an abdominal wall which protrudes gently as we breathe in.

If you have difficulty doing this breathing, practice by putting your hand on the abdomen. Your hand should move out as you breathe in. After you are good at getting the abdomen to move, then try to get both the abdomen and the chest moving. By starting with the abdomen, the chest will fill out naturally as you continue breathing in. Practice in front of a mirror after a shower or bath.

Now to do the Quick Relaxation, take a full breath in and as you breathe out say to yourself "my neck and shoulders are heavy".

Some people habitually chest breathe and may require repeated practice sessions before being able to breathe properly with their diaphragms. You are encouraged to practice until you can do it evenly and spontaneously when doing the Quick Relaxation.

Checklist

Please fill out the following checklist when you have mastered Session Four as a measure of your progress and understanding. It will be useful in discussion with your clinician.

I can increase or decrease the time of doing my exercise to suit the time and place.

I understand the special formulas.

I understand the use of the formula "My neck and shoulders are heavy" in the integration process.

I understand the importance of practicing "My neck and shoulders are heavy" in progressively more difficult situations.

PROGRESS CHART

BODY: Very Relaxed Very Tense (physical state)

1 2 3 4 5 6 7 8 9 10

MIND: Very Calm Racing

(mental	state)

TIME LENGTH		LENGTH	PHYSICAL RELAX	MENTAL RELAX.	PULSE	HAND TEMP.	
DATE	OF DAY	OF TIME	BEFORE, AFTER	BEFORE AFTER	BEFORE AFTER	BEFORE AFTER	COMMENTS
			t.	1	1	1	
					1.	1	,
			1	- 0	1	ı	
			1		T.	1	
			T.				
			,	1			
			3	* a	1		
			1	1	T I	1	
			3	1	2	9	
				1	į.	3	
			,	,	,	'	
	1				,	4	
				,			
							*
					t t	,	
			1	1		t	
				6	T.	. 1	
			I.	1	1	. T	
		1		,		1	
1	2	1			í.		
			1			1	
				,			