



### Hand-out 1

The following techniques are useful stress-management tools that you can introduce to your students any time you see fit. They are also helpful references for the Real-life Applications (see pp.17 and 48).

#### TECHNIQUE: BASIC YOGA

NB: Like any physical activity, yoga has the potential to cause injury. Teachers are advised to seek professional assistance in delivering yoga postures.

Yoga is a very old form of exercise developed to promote strength, control, harmony, and balance between mind and body.

##### Lotus Position

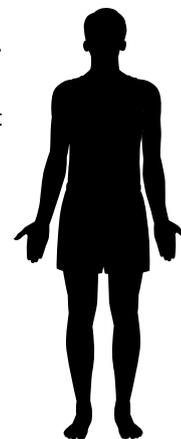
NB: This is a position commonly associated with yoga. It can be very difficult to do, so do not try to force yourself into it. What is important is that you sit comfortably (cross-legged).

1. Sit cross-legged with your spine straight. The soles of your feet should be turned upward, with both of your heels pressed against your tummy.
2. Rest one hand on each knee with your palms facing up.
3. Breathe slowly and steadily, concentrating on bringing your breaths down into your lower abdomen.
4. Hold the position for as long as you like.



##### The Mountain (standing pose)

1. Stand relaxed, feet slightly apart. Ensure your knees are slightly bent (not locked).
2. Pick a spot in the distance to focus your eyes on.
3. Gently press your feet down against the floor as if you were trying to stretch them.
4. In your mind's eye, picture a string running up through your spine. It goes up through your head, and atop it is a helium balloon, gently pulling you upward. Let your arms fall easily by your sides.
5. Imagine the balloon lifting your hips and pulling your spine straight.
6. Focus on keeping your feet firmly planted and your weight evenly distributed as your balloon lifts you higher and higher – do not strain! Let the balloon gently do the work as you breathe.



##### Balancing Pose

1. Adopt the Mountain pose, balanced tall and easy on both feet.
2. Pick a spot in the distance to rest your eyes on the whole time you perform this pose.
3. As you slowly inhale, allow your left arm to gently rise overhead.
4. As your arm rises, bend your right leg at the knee and lift your right ankle behind you and gently take it with your right hand. Your left leg should be slightly bent so the knee is not locked. Your body's weight will shift naturally to your left side.
5. Slowly exhale, and as you do pull your right leg toward your body while leaning forward slightly. Your left arm will keep you balanced. Continue looking at your spot in the distance.
6. Hold for five long breaths/seconds.
7. Slowly 'undo' the pose and return to your starting posture.
8. Repeat on the other side.



(cont.)

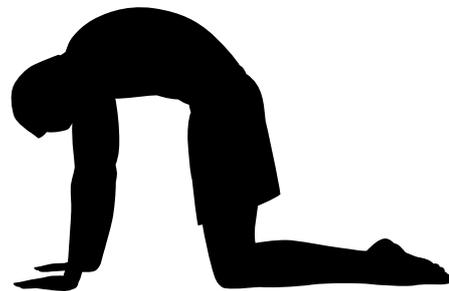


## Hand-out 1 (Cont.)

### TECHNIQUE: BASIC YOGA (cont.)

#### Angry Cat

1. Starting Position: kneel on all fours with your hands directly beneath your shoulders, and your knees directly below your hips, shoulder width apart. Head and back must be in alignment.
2. As you exhale, curve your spine upward like an angry cat, drawing your spine and stomach up toward the ceiling, rounding your tailbone back down and under. Roll your head and shoulders forward so you can look at your navel.
3. Pause for an easy count of three.
4. Inhale into your lower belly, and let your head and shoulders slowly move back to your starting position.
5. Pause for an easy count of three.
6. Repeat 5–10 times.



#### The Cobra

1. Lie face down with your arms at your sides and the tops of your feet on the floor.
2. Slowly lower your head so that your forehead is resting on the floor.
3. Slip your hands underneath the fronts of your shoulders, fingertips facing forward.
4. As you inhale, lift your head and shoulders in one line gently off the floor. Keep your arms bent at the elbows and your weight evenly distributed on your forearms. Keep your navel pressed to the floor.
5. Hold for a slow count of 15 seconds, breathing easily.
6. Slowly release and lower to the floor as you exhale.

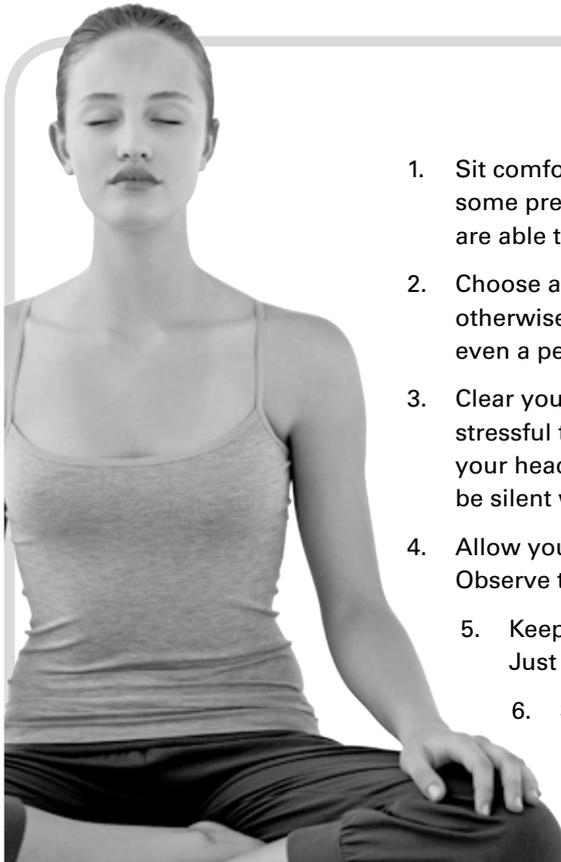
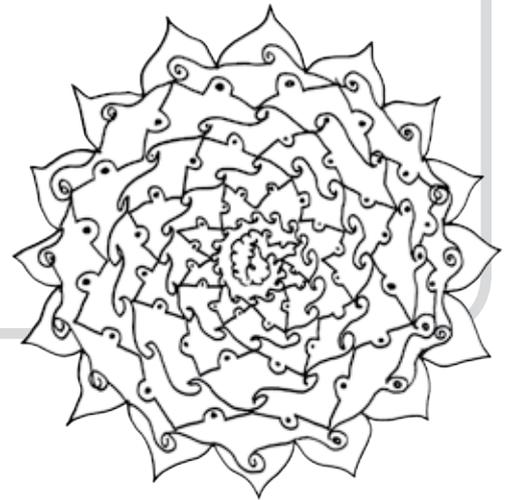




### Hand-out 2

#### TECHNIQUE: DRAW MANDALAS

1. Mandala is a Sanskrit term meaning 'circle'. Mandalas can represent the whole world, the whole universe, or a connection between our inner worlds and a broader reality. Designing your own mandalas can be both inspirational and therapeutic. Mandalas are patterns in circles that may contain organic shapes or geometric forms – they can also contain images and words that are meaningful to the drawer.
2. You need blank paper and as many coloured pens or pencils as you like. It is also helpful to have relaxing music.
3. Draw a circle approximately 15 cm in diameter (a bread plate can be used as a template).
4. Choose a pen and start filling in the circle, not letting the pen point leave the paper for five minutes or until you are ready to change colours. You may form spirals, a regular pattern, words, organic shapes – let your pen guide itself.
5. Don't worry if you don't know what to draw – just start somewhere else and keep going.
6. Try not to talk to anyone else as you draw your mandala.
7. Take as much time as you want and, if you still feel you have more in you, start another mandala.



#### TECHNIQUE: MEDITATION

1. Sit comfortably in a quiet spot. Some people like to sit in a lounge chair, some prefer to sit cross-legged on the floor. What is important is that you are able to sit and become completely relaxed without falling asleep.
2. Choose an object to look at. If it is safe to do so, a candle flame is an option, otherwise, almost anything static will do: a vase, an ornament, a pot plant – even a pebble.
3. Clear your head as best you can, consciously closing the door on any stressful thoughts. In fact, your aim is not to hold any particular thought in your head at all. So, if you hear your own voice in your mind, gently ask it to be silent while you look at your object.
4. Allow your eye to rove over your object while keeping your mind empty. Observe the object's form, surface, contours, textures, shadow or light.
5. Keep your attention focused on the object and ignore any distractions. Just let them come and go.
6. Start this with little, five-minute sessions. You can gradually build up to longer sessions of a half-hour or more.



## Hand-out 3

### TECHNIQUE: REGULAR EXERCISE

Regular exercise has many benefits. It can:

- help reduce stress and anxiety
- increase your energy
- improve cardiovascular fitness and muscle strength
- help lower blood pressure
- reduce the risk of coronary artery disease
- help with weight control
- help boost self-esteem.

It is important to try and exercise for at least a half-hour every day.

There are four basic elements of fitness, all of which can be improved by regular exercise:

- cardiovascular endurance
- muscle strength
- muscle endurance
- flexibility.

You don't need a super-flash bike or membership at an expensive gym to get good exercise. Even going for a brisk half-hour walk is a great way to get fit. If you are new to regular exercise, it is a good idea to talk to a GP or fitness instructor about activities that might best suit you and your level of fitness.



### TECHNIQUE: DEEP BREATHING

1. Sit comfortably with both feet on the ground and your hands resting on your knees. Relax your shoulders. Close your eyes. Place your hands over your navel with middle fingertips just touching.
2. Breathe out slowly through your mouth – a slow count of five.
3. As your lungs empty, tighten your abdominal muscles to assist getting the air out.
4. Lungs now empty, hold for a slow count of three, then inhale through your nostrils over a slow count of five. As you inhale, allow your tummy to expand. Your middle fingertips should part noticeably.
5. Repeat – slowly exhale, tighten to expel air, hold, then inhale slowly.
6. Try to focus on your counting, and eventually your mind will pleasantly begin to drift. Try to guide your thoughts to pleasant images: places real or imagined where you feel relaxed and unworried – a forest glade, a white beach, a beautiful hillside.

NB: Deep Breathing is covered in the Essential Skills Module (Keeping Well, Unit 2), where it is demonstrated in a DVD clip.