

Relaxation/Stress Reduction Techniques

Carole W. Sebenick, Ph.D. (1999)

www.FairfaxPsychologist.com

Featured below are four categories of relaxation/stress reduction techniques. An effective program of stress management includes a combination of personally-meaningful and individually-effective techniques drawn from some or all of these categories.

Cognitive Skill-Building and Interpersonal-Effectiveness Techniques

- Refuting Irrational Beliefs / Cognitive Restructuring
- Coping Skills / Emotion Regulation
- Assertiveness Training
- Time Management
- Thought Stopping
- Problem Solving / Decision Making Skills

Here-and-Now Body-Focused Techniques

- Movement Therapy
- Progressive Muscle Relaxation
 - Tense-Release
 - Passive
- Mindfulness Meditation
- Breathing

Creative Mind-Body Techniques

- Autogenic Training
- Guided Imagery / Visualization
- Self-Hypnosis
- Traditional Meditation
- Biofeedback Training

Physical Wellness Approaches

- Nutrition
- Exercise
- Treating Medical Conditions