Introduction

This handout invites you to explore selected techniques which can result in your personal experience of stress reduction. According to Benson & Stuart (1993), the relaxation response that helps to alleviate stress can be elicited by engaging in any of the following: diaphragmatic breathing, meditation, body scan, mindfulness, repetitive exercise, repetitive prayer, progressive muscle relaxation, yoga stretching, or imagery (p. 37). These “techniques have two basic components: the first is repetition of a word, sound, phrase, prayer, image, or physical activity; the second is the passive disregard of everyday thoughts when they occur during relaxation” (Benson & Stuart, 1993, p. 37).

Choosing a Technique

Please note that “different approaches to relaxation have quite different effects, work for different people, and are good for different problems” (Smith, 2002, p.42). Examine the book by Butera or the work by Levey & Levey for assistance with choosing the right technique, given your lifestyle or current situation. The Library’s Online Catalog is also available at http://resources.tai.edu:7195/webopac/main?siteid=TSophia and can be used to locate even more resources. Article records on the topic of stress reduction, as indexed with the subject term “relaxation therapy” from PubMed Customized by Sherman Cohn Library, are available from an RSS Feed on the Library’s Current Articles page at http://www.muih.edu/campus-community/about-campus/sherman-cohn-library/current-articles

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**References**


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