

TÉCNICAS DE RELAJACIÓN



Las técnicas de relajación en el estudio son un recurso y apoyo importante para las personas estudiantes ante situaciones de estrés y ansiedad, con el fin de disminuir la tensión física y mental.

LA RESPIRACIÓN

La respiración lenta, profunda, pausada y controlada durante las inspiraciones y expiraciones, es una técnica fácil de enseñar y aplicar en diferentes contextos



RELAJACIÓN MUSCULAR PROGRESIVA DE JACOBSON

La relajación muscular progresiva tiene como objetivo relajar diferentes músculos del cuerpo, desde las piernas hasta la cabeza.

IMAGINACIÓN O VISUALIZACIÓN

La visualización consiste en crear una escena, imagen o lugar que transmita calma, imaginando todos los detalles y sensaciones que esa imagen transmite.



MEDITACIÓN

La meditación es un proceso a través del cual conseguir despejar la mente de pensamientos y preocupaciones llegando a una relajación profunda.



YOGA

El yoga es una actividad física en la que se acompañan movimientos y posturas con una respiración controlada.



María Jesús Campos

Psicología, educación y valores



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Relajacion Facil

Rosemary A. Payne



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Meditación: Técnicas Sencillas De Relajación Joanna Moore,2019-02-06 Desde la concienciación en la vida diaria hasta la conciencia de la respiración y la visualización las prácticas de este libro están diseñadas para cualquiera que pueda dedicar un minuto de su tiempo a saborear la paz interior Por más que la idea de la meditación pueda ser muy atractiva todavía hay mucha gente que se opone a ella La razón más común de rechazo es porque admiten que su apretada agenda apenas les proporciona el tiempo libre necesario para meditar Consigue tu copia hoy mismo **Relajación rápido** Babette

Geiger,2011-10 Ponte en forma y mejora tu salud con sólo 10 minutos de ejercicios al día **Técnicas de Relajación para el Bienestar y la Vida Sana: Ejercicios Sin Pesas para la Relajación Muscular y la Respiración Consciente contra el Estrés y la Ansiedad** Cofre Del Saber,2021-08-23 Técnicas de Relajación para el Bienestar y la Vida Sana es un método fácil y práctico que se basa en ejercicios isométricos y entrenamientos alternativos Se sienta en buenas bases para lograr el control de sí mismo mediante posturas respiración distensión y ejercicios de relajación y puesta en forma Lo más importante es que se puede practicar en cualquier momento al despertarse en la calle en el trabajo en las comidas al acostarse de vacaciones y tanto en la infancia como en la tercera edad Descubrir la manera correcta de estar en forma sin esfuerzo sin aparatos y sin imponerse rutinas para prevenir lesiones y dolores musculares Contiene ejercicios para combatir aflicciones tales como la fatiga los dolores de cabeza los calambres la fatiga ocular y el reumatismo entre otros Todos los ejercicios están ilustrados con sus respectivas imágenes las cuales muestran cómo practicarlos correctamente Si necesita hacer gimnasia en casa o buscaba un entrenamiento funcional para estar en forma este libro de fitness para el hogar le ayudará a evitar el estrés y la ansiedad y lograr sentirse bien físicamente y mentalmente *Meditación eficaz para gente ocupada* Pragito Dove,2002

Relajación muscular progresiva de Jacobson Anja Schwarz,Aljoscha Schwarz,2017 Disfruta de la sensación de ser capaz de relajarte Es tan beneficioso dejarse ir Seguro que con frecuencia te ocurre lo siguiente cuando el día es agotador sientes que tus músculos están tensos Posiblemente te aparezca dolor de cabeza o de espalda En este caso te será útil la relajación muscular de Jacobson conocida también como relajación muscular progresiva RMP Mediante la contracción de determinados músculos la relajación de golpe de esa contracción y la percepción intensiva conseguir descargar cuerpo y mente La RMP puede realizarse en cualquier lugar y es fácil de aprender Médicos y profesionales especializados la recomiendan como uno de los métodos más importantes de relajación Hispanoeuropea com **La Relajacion** R. Durand de Bousingen,2001-07-20 La relajación está cada vez más vigente El ritmo acelerado de existencia la sobrecarga de excitación de la vida cotidiana nos lleva a un estado de tensión nerviosa permanente provocando la necesidad de una higiene física y psíquica que nos permita adaptarnos a nuevas condiciones de vida Los métodos de relajación son conductas terapéuticas reeducativas o educativas que utilizan técnicas elaboradas y codificadas y que se ejecutan específicamente en el sector tensional y tónico de la personalidad La relajación neuromuscular alcanza un tono de reposo base de una distensión física y psíquica Este es el aspecto desarrollado

en la primera parte del libro La segunda parte se centra en los métodos analíticos con un punto de partida fisiológico que se basa en los trabajos de fisiología muscular de E Jacobson los métodos globales con un punto de partida psicoterapéutico basado en el método de Schultz y el entrenamiento autogénico con sus aspectos neurofisiológicos y psicológicos La tercera parte nos expone como aplicar estos métodos en el hombre normal en medicina psicosomática en neuropsiquiátrica en patología del trabajo etc

Tu Libro Guiado Para La Relajación Knowledge Treasure Collection, La relajación guiada se encuentra en libros videos audio equipo de masaje sonido colchonetas de descanso y más Cuando comience su búsqueda de relajación guiada asegúrese de revisar los últimos elementos que le brindan relajación Necesita utilizar sus fuentes internas y recursos externos para maximizar sus fortalezas Usar la combinación le ayudará a encontrar la mejor solución en relajación guiada A veces la relajación es difícil de lograr Cuando no podemos encontrar el poder interior para relajarnos a veces tenemos que pedir apoyo A algunas personas les resulta difícil pedir ayuda No hay nada de malo en pedir ayuda pero si lo encuentra difícil quizás se beneficie de los muchos productos que se venden en el mercado y que lo guiarán hacia la relajación En línea encontrar productos tales que lo ayudarán a aprender a relajarse Puedes encontrar productos gratis productos baratos u otra mercancía diseñada para ayudarlo a relajarse En su biblioteca local también encontrar herramientas tales Los libros o videos en la mayoría de las bibliotecas son excelentes recursos que le enseñan mecanismos tales para lidiar con el estrés diario

TÉCNICAS DE RELAJACIÓN Rosemary A. Payne, 2005-08-22 La palabra relajación se usa en este libro de dos maneras primero en un sentido general donde significa un estado global de reposo y segundo como una técnica como la relajación progresiva Puede afirmarse que la relajación tiene tres objetivos 1 Como medida de prevención para proteger órganos del cuerpo de un desgaste innecesario especialmente los órganos implicados en las enfermedades relacionadas con el estrés 2 Como tratamiento para aliviar el estrés en condiciones como la hipertensión idiopática el dolor de cabeza debido a la tensión el insomnio el asma etc 3 Como una técnica para poder hacer frente a las dificultades para calmar la mente y permitir que el pensamiento sea más claro y eficaz Empezando con el análisis de algunas de las teorías que envuelven el estrés y la relajación este libro reúne en un solo volumen dieciocho de los métodos de relajación más comúnmente usados para pasar a considerar a continuación una diversidad de técnicas prácticas Unos capítulos tratan de técnicas específicas otros están dedicados a técnicas físicas o psicológicas Asimismo se plantea la relajación en el contexto prenatal y para acabar veremos la relación entre los propios enfoques algunos modos en que puede combinarse y una breve referencia a enfoques que no se incluyen todo ello dirigido sobre todo a profesionales de la asistencia sanitaria terapeutas fisioterapeutas asistentes sociales Las diversas técnicas que presenta el libro están reforzadas por 350 referencias dibujos y 56 fotografías además de guiones y programas La autora Rosemary A Payme es terapeuta con una amplia experiencia clínica

Yoga fácil Varios autores, 2018-09-06 La práctica del yoga es accesible para cualquiera es suficiente con una esterilla un espacio tranquilo y ganas de mejorar la propia salud Con este libro aprenderás sesiones de asanas y técnicas de respiración para mantener tu organismo en un excelente

estado de funcionamiento Consigue una mente en calma en un cuerpo relajado flexible y fuerte gracias al yoga Tomando control de su salud Virginia González, María Hernández-Marin, Kate Lorig, 2007-10-01 Filled with hundreds of tips suggestions and strategies this guide offers practical medical solutions in clear language It explains how to develop and maintain exercise and nutrition programs manage symptoms determine when to seek medical help work effectively with doctors properly use medications and minimize side effects find community resources discuss the illness with family and friends and tailor social activities for particular conditions Written by six medical professionals this book encourages an individual approach to the process with the ultimate goal being greater self management Originally based on a five year study conducted at Stanford University with hundreds of volunteers this work has grown to include the feedback of medical professionals and thousands of people with chronic conditions all over the world Lleno de cientos de consejos sugerencias y estrategias esta gu a ofrece soluciones m dicas pr cticas en un lenguaje claro y f cil de entender Explica como desarrollar y mantener programas de nutrici n y ejercicio manejar s ntomas determinar cuando es necesario pedir ayuda m dica trabajar efectivamente con doctores encontrar programas comunitarios discutir la enfermedad con la familia y como adaptar ciertas actividades sociales a diferentes condiciones Escrito por seis m dicos profesionales este libro respalda una perspectiva individual al proceso la meta siendo el mejor manejo propio de la salud Basado originalmente en un estudio de cinco a os en la Universidad de Stanford con cientos de voluntarios esta obra ha crecido a incluir las reacciones de m dicos y pacientes alrededor del mundo

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