

# 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

**G Orfield**



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