



# Switching from Distress to De-stress

In these times of confinement, most of us find ourselves overwhelmed by work stress, caring for loved ones, household responsibilities, dealing with bad news and uncertainty about the future. We feel our well-being is slipping away. Relaxation techniques are a great way to help with stress management in any situation. Relaxation is a state where you feel calm and can manage your stress and anxiety. Relaxation techniques can help you cope with everyday stress and help you avoid many psychological health issues.

In this program, you will learn the history and science behind handpicked techniques that you can practice on your own. You will get to learn and perform these techniques under the guidance of a senior and well qualified psychotherapist.

## Facilitator



**Anisha Jain**

**Senior Psychotherapist**

**Mindtemple Institute**

M.A. Clinical Psychology,

EMDR Level 1



## Topics

### Techniques:

- Grounding techniques
- Imagery techniques
- Breathing techniques
  - Diaphragmatic breathing
  - Box breathing
- Progressive Muscle Relaxation

### For each technique, participants will learn:

- History and evidence in research
- When to use
- Effects
- Dos and Don'ts
- How to perform