LEVEL IV: RELAXATION GROUP

TARGET POPULATION

- Addiction Centre **Level IV** patients.

GOALS

- Assist patients in developing an understanding of the physiology of the stress response and the relaxation response.
- Assist patients in realizing they have the power to alter their body's response to stress and to relaxation through control of their breathing.
- Familiarize patients with the techniques of abdominal breathing, progressive muscle relaxation, visualization, guided imagery and meditation.
- Encourage patients to apply relaxation techniques in their daily routines.

ACTIVITIES

- Brief introduction in Week 1 to the **stress response,** the **relaxation response** and **abdominal** and **diaphragmatic breathing.** Subsequent sessions begin with a brief introduction to the relaxation technique to be used during that day's session.
- Each session consists of a 10-minute introduction followed by a 20-minute relaxation exercise. Appropriate handouts are provided.

OUTCOME

Patients will:

- Gain an understanding of the benefits of relaxation techniques in the management of stress.
- Understand the importance of personal stress management.
- Understand that long-term recovery can be enhanced by managing stress through practicing effective relaxation techniques.
- Recognize the significance of the relationship between stress management and relapse prevention.