

Stress Therapies

By Carley Reynolds

Supplies needed:

Chairs without arms (one for each participant)

Essential oils/burners

CD player/Relaxation CD

BP cards/Pens

Blood pressure cuffs/stethoscopes

Marker Board/Markers

Participants to bring towel or blanket

Massage/Meditation handouts

Evaluations

Set-up:

- Arrange chairs in semi-circle with large area available in middle for the participants to lie down
- Set up a booth for participants to check in and get their blood pressure (close to entrance)
- Write up outline and instructor's name on board
- Light essential oil burners
- Turn on relaxation CD

Registration and blood pressure:

Set up table with registration sheets and take/record blood pressures at this time

Intro:

Go over outline, ask participants if they have any questions, introduce instructor

Progressive Muscle Relaxation:

- Discuss the importance of stress reduction and the impact on heart health
- Instruct participants to lie or sit in a comfortable position
- Read script provided

Massage:

- Describe benefits of massage as outlined on handout
- Have participants pair up, take one participant for the demo helper (if odd number of participants)
- Instruct the participant in the chair (receiver) to sit sideways on the chair allowing access to their back and have them lean forward with their elbows on their thighs

- Instruct the participant giving the massage (giver) to ask the receiver if they have any back issues they should know about, if they are pregnant, or if they have any medical concerns that would contraindicate receiving a massage
- Demonstrate and explain massage techniques as outlined on massage handout
- Have participants switch roles and repeat

Guided Imagery:

- Discuss points on meditation handout
- Have participants lie down on their towels/blankets with their eyes closed and read script provided

Wrap-up/Blood pressures:

Ask if anyone has questions, pass out massage/meditation handout, hand out pens and evaluations, allow a few people at a time to get their final blood pressure taken, and hand out prizes or incentives at this time.