

UTD Employee Assistance Program



Relaxation and Stress Reduction

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UTSW Medical Center

Goals and Objectives

- **Identify Sources of Stress and How It Affects You**
- **Understand Specific Relaxation Methods**
- **Practice Relaxation Methods**
- **Incorporate Relaxation on a Regular Basis**

Who Could Be Stressed at UT Dallas?



Potential Stressors

WORK

- **Difficult People**
- **Layoffs**
- **Meetings**
- **Promotions**
- **Technology**
- **Management**
- **Work load**
- **Expectations**
- **Retirement**



Potential Stressors (cont.)

PERSONAL

- Relationships
- Birth of a child
- Loss of a loved one
- Loss of a pet
- Life balance
- Aging parents
- Finances



Relaxation Awareness

- **How often do you quietly relax?**
- **Do you plan and take “mini-breaks” during the day?**
- **What do you do to relax?**
- **How many hours sleep do you get?**
- **What activities and hobbies do you do outside of work?**

Relaxation Techniques

- **Breathing**
- **Stretching**
- **Perception**
- **Mindfulness**
- **Progressive Muscular**
- **Humor**

Deep Breathing Methods



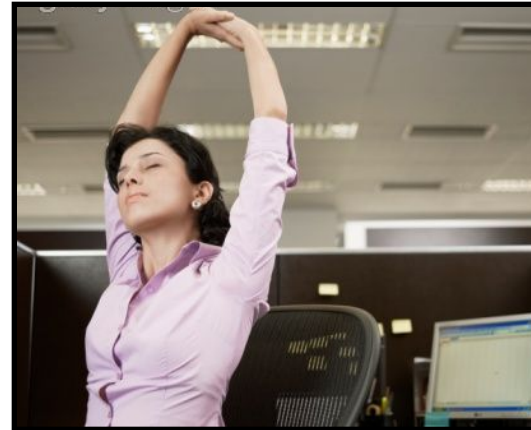
Stretching

- **Neck Stretch** - While standing or sitting, slowly rotate head going side to side
- **Back Stretch** - While sitting forward in chair, rest your upper torso on your lap

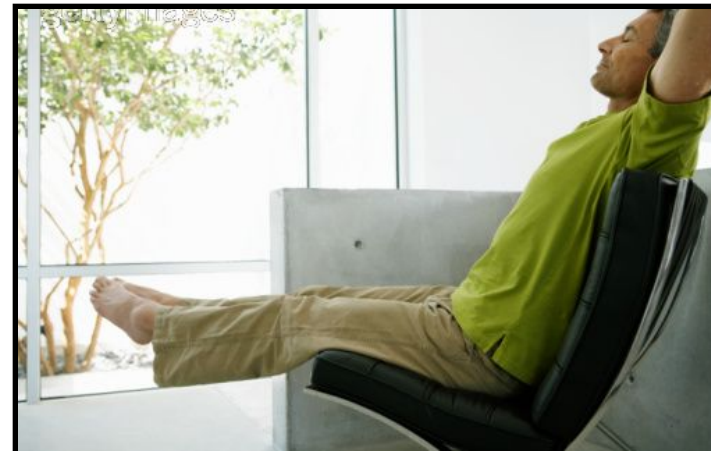


Stretching (cont.)

- **Shoulder/Arm Stretch** - Hold hands together with fingers interlaced and stretched over head with palms upward



- **Leg Stretch** – While sitting, lift legs up and stretch feet forward or backward



Stretching (cont.)

- **Upper Body Stretch** –
**Standing with feet
apart, reach overhead
and stretch side to side**



Perception

- **Assumptions**
- **Judgements**
- **Catastrophizing**
- **Black and White**
- **Shoulds, Musts**
- **Defensiveness**

Mindfulness



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What is Mindfulness?

Mindfulness means paying attention in a particular way:

- **In the present moment awareness**
- **Non-judgmentally**
- **Observe and concentrate**

**When we practice paying attention in this particular way,
we:**

- **Nurture awareness**
- **Have a greater acceptance of our present-moment reality**
- **Increase creativity**

Progressive Muscle Relaxation



Progressive Muscular Relaxation

- **First, tense a muscle area.**
- **Second, sense how it feels.**
- **Lastly, release the tension and pay attention to how it feels now.**
- **Focus on difference of two sensations.**





“Every now and then go away,

have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance.”

—Leonardo da Vinci

#DaVinciDemons

starz

EAP Benefit

- **4 Free Sessions/problem**
- **Metroplex provider referrals**
- **Available for employees and family members**
- **Confidential**
- **Professional licensed EAP staff**
- **Voluntary program**
- **Supervisory/Managerial Consultation**
- **Workplace Crisis Debriefing**
- **Free Lunch and Learn Seminars**



Allow Yourself to Laugh



UT Dallas EAP

Contact Us!

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