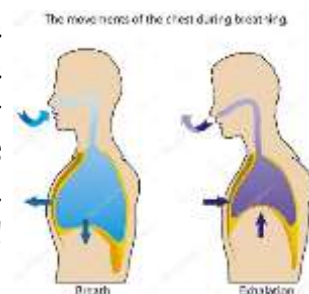


BREATHE AND RELAXATION

You may need to learn to breathe? Is it correct that we only breathe approximately 15 or 20 times per minute unconscious? Our goal is that this simple and obvious act that looks like breathing will become a very useful tool in the service of improving health.

From the physiological point of view, respiration determines the exchange of gases between air and blood, transport oxygen from the air to the cells, so that they can perform their functions, and transport the carbon dioxide from the cells to the alveoli to be expelled, thus finding two respiratory processes: the exchange of gases between the alveoli and the blood, and the exchange of gases between blood and cells. As for the process of breathing:

- **Inhale until air fills your lungs,**
- **Exhale until you feel the air has left.**



Types of Breathing

Depending on the area that is mobilized in respiration we have three types of breathing:

Clavicular: intervenes in the high part of the chest, rising only the top of the lungs, with which they are not going to have a good expansion, with little amount of air that enters and, accordingly, poor oxygenation. The muscles involved muscles are above the trunk (pectoralis major, trapeze, sternocleidomastoid).

Thoracic or intercostal: It is the most frequent type of breathing and provides good pulmonary expansion by mobilizing the middle part of them, opening up a lot of the pulmonary cavity; It is filled with air not only the upper part of the lungs, but the middle part. The muscles responsible for it are the external intercostal.

Abdominal or diaphragmatic: It is the most important breathing, but the least used. It is the breathing of the sleep and therefore that which is used in most of the processes of relaxation. The air is going to reach the lower part of the lungs which is the most irrigated of blood. The responsible muscle is the diaphragm, which separates the thoracic cavity from the abdominal, and which, when contracted, descends and makes the pulmonary cavity larger.

Calm breathing carries a soothing, reassuring and conscious effect of the interior space, it is one of the reasons why to talk in a joint form of relaxation and respiration is almost obligatory. Thus, most relaxation methods have breathing as a fundamental element in their development process. From this point of view we can raise the breathing method of relaxation being conscious of one's own breathing..



Relaxation:

We are all aware that in everyday life there are problems and conflicts (physical, psychological, social) that generate situations of stress. It must therefore be provided with adequate resources to achieve good body condition. It is in these cases that relaxation arises as a balancing and tension-releasing element.

While being relaxed there is a decrease and elimination of the tension generated by the work and the effort that the body carries out during the exercise, which facilitates a progressive recovery of the calm.

One of the characteristics of the relaxation is the decrease of the muscular tone (tension in the muscle) accompanied by a feeling of rest and well-being. Muscle tone is closely related to the emotional aspect of people. Emotional phenomena affect muscle tone. What we seek with relaxation is to obtain a state of greater tranquility and well-being, thanks to the decrease of the muscular tension, associated to a greater mental relaxation.



Relaxation Techniques :

JACOBSON's progressive relaxation.

This method consists in recognizing the different sensations that causes contraction and muscle relaxation; As well as learning the contraction of a particular muscular group while relaxing other muscles, pretending that the subject becomes aware of his muscle tone through tension-relaxation.

Segment-to-segment exercises are performed until the entire body has been completed. Jacobson speaks of 6 seconds of tension for 12 of distension, repeating each exercise one to five times. Six exercises in the following order in the stages of contraction and relaxation: arms, legs, thorax, neck and, finally, the muscles of the face. The author highlights the

following guidelines to consider:

- Quiet, comfortable and warm place (dim light.)
- Avoid interruptions.
- Recommended position; Lying face up comfortably.
- Follow a fixed sequence.
- Observing the breathing, being more convenient the abdominal.



SCHULTZ's Autogenous Training.

Its techniques facilitate the self-observation and the self-knowledge being the subject the protagonist of the event, for this they provoke sensations of heat, cold, heaviness and relaxation. Uses key phrases to convince yourself of the sensations, which are repeated, in a rhythmic and slow way, closing your eyes and inducing tranquility.

1. Feeling of heaviness, scientifically based on muscle relaxation. It begins with the dominant arm, with a progressive generalization to the whole body.
2. Heat sensation, based equally on muscle relaxation.
3. Feel the heart, put hand over your heart. What is intended is to locate the heart anatomically and feel it beat (strong and quiet).
4. Feel your breath, it affects a quiet breath.
5. Sensation of freshness in the mind ("I have a calm mind").