


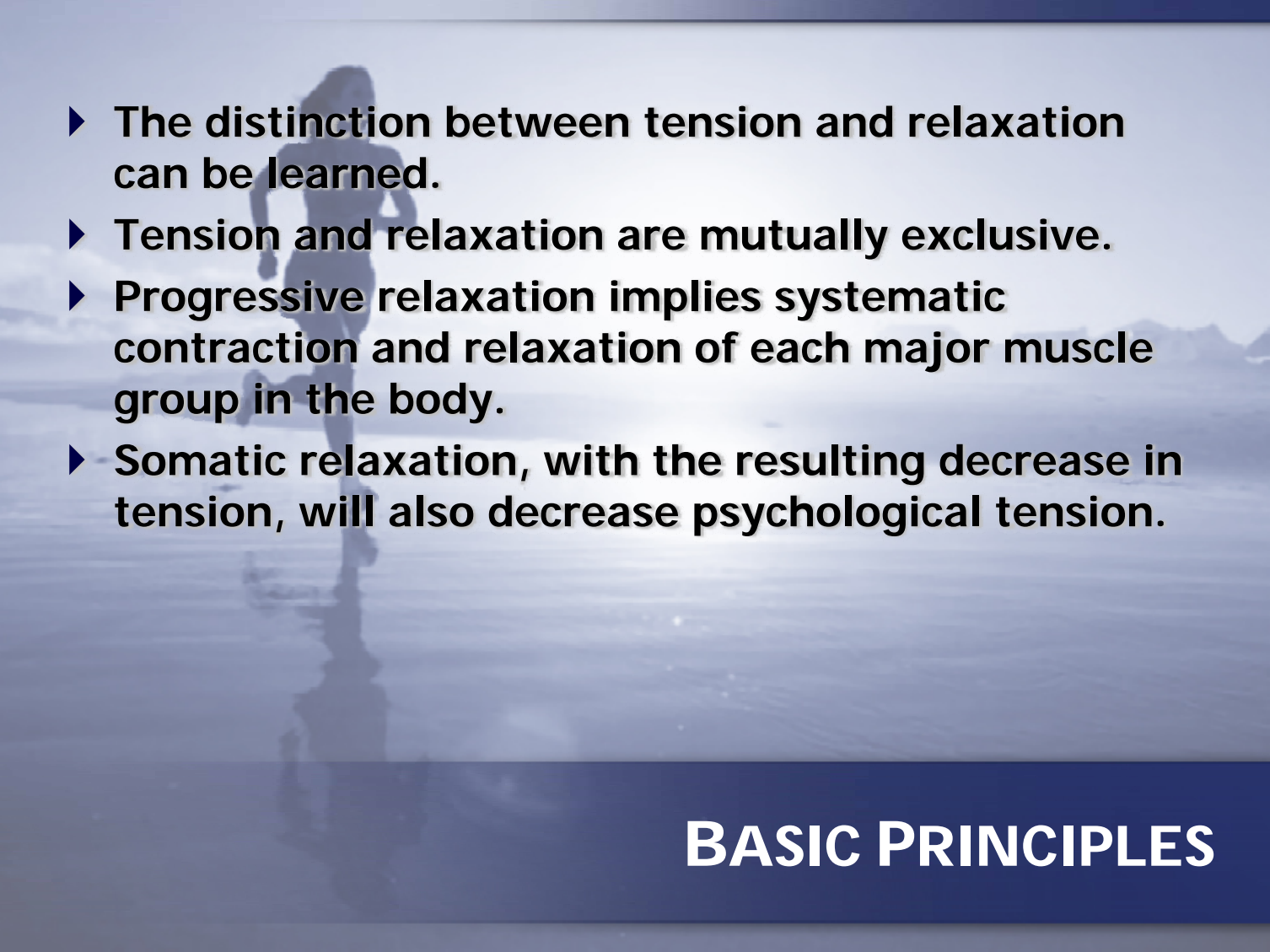


TEMA 6

TENSION AND RELAXATION

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- ▶ **Progressive relaxation = tensing and relaxing**
 - ▶ The procedure moves from one group of muscles to the next, until all important muscle groups are relaxed.
 - ▶ Progressive relaxation implies tensing and relaxing specific muscles.
 - ▶ The tension-relaxation cycles increase our awareness of the difference between tension and lack of tension.
 - ▶ With the right technique one can detect tension in a specific muscle or body area, such as the neck, and then relax it.

PROGRESSIVE RELAXATION

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- ▶ The distinction between tension and relaxation can be learned.
 - ▶ Tension and relaxation are mutually exclusive.
 - ▶ Progressive relaxation implies systematic contraction and relaxation of each major muscle group in the body.
 - ▶ Somatic relaxation, with the resulting decrease in tension, will also decrease psychological tension.

BASIC PRINCIPLES

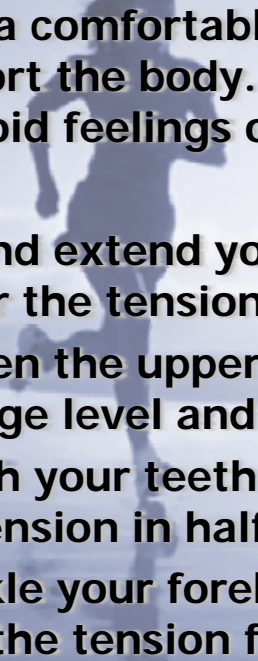


1. Tensing

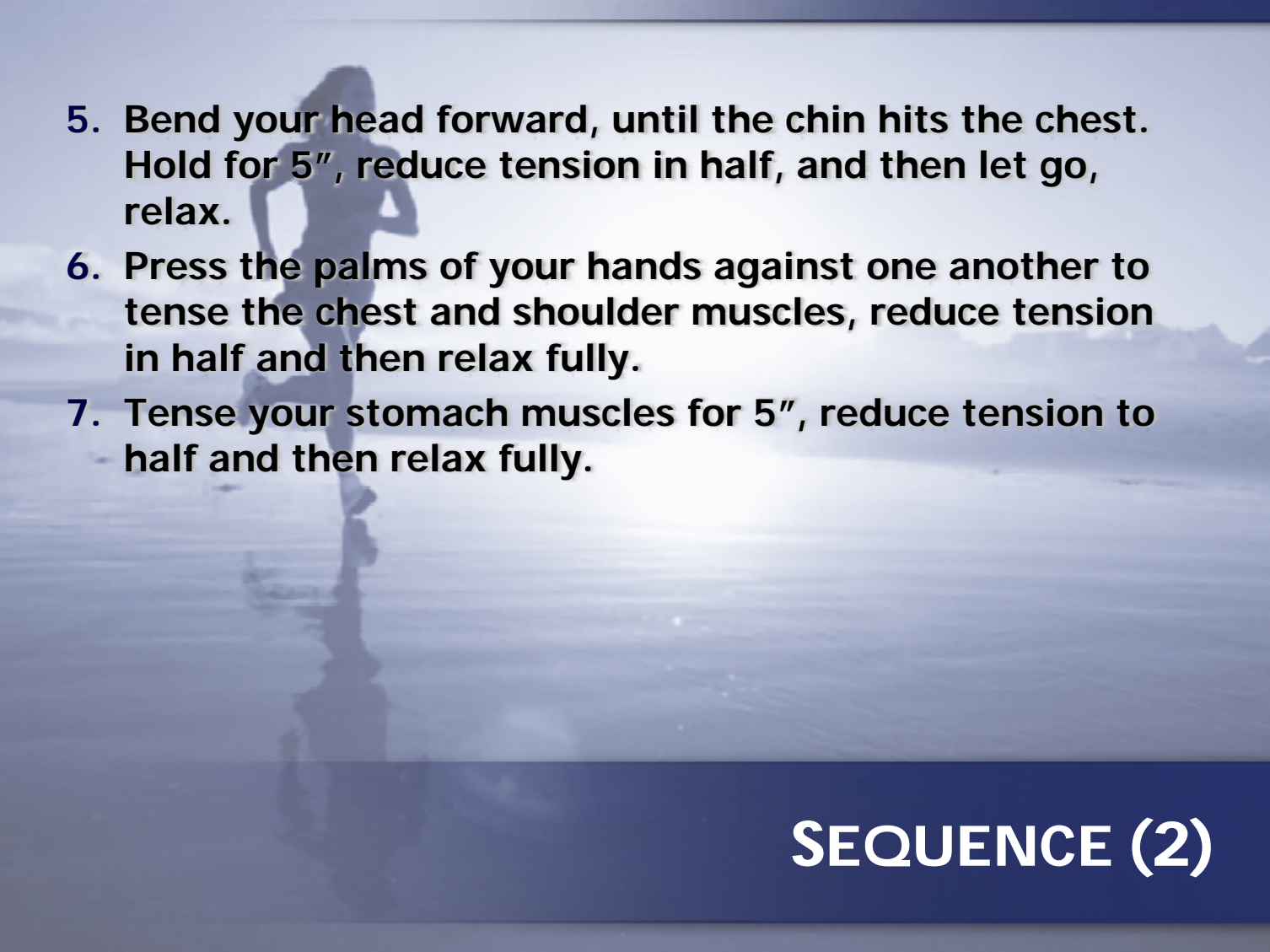
2. Relaxing

- ▶ **First thing to do:**
 - ▶ Tense one group of muscles and afterwards relax them.
- ▶ **Important**
 - ▶ Pay attention to the difference in sensations between feeling tense and relaxed.
- ▶ **Each phase (tension or relaxation) must be held between 5 and 7 seconds.**
- ▶ **The exercise must be repeated twice with each muscle group before moving on to the next group.**
- ▶ **As learning improves the tension phase can be omitted and attention focused solely on relaxation.**

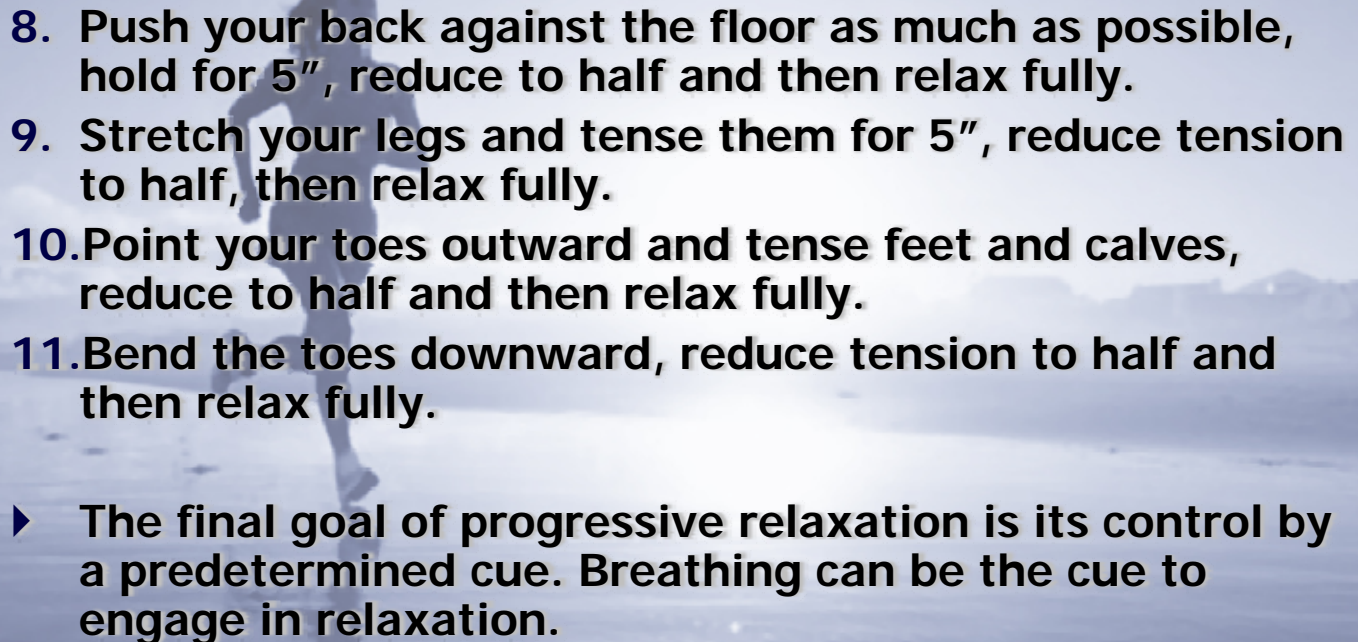
SPECIFIC INSTRUCTIONS

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- ▶ Take a comfortable position, so no muscles must work to support the body. Choose comfortable clothing and shoes to avoid feelings of tightness.
 - 1. Lift and extend your arms in front of you, make tight fists. Lower the tension in half, then totally.
 - 2. Tighten the upper arms, decrease the tension to an average level and finally relax them totally.
 - 3. Clench your teeth and feel the tension in your jaw. Reduce the tension in half, then relax totally.
 - 4. Wrinkle your forehead, head and face as much as you can. Hold the tension for 5" and then relax fully.

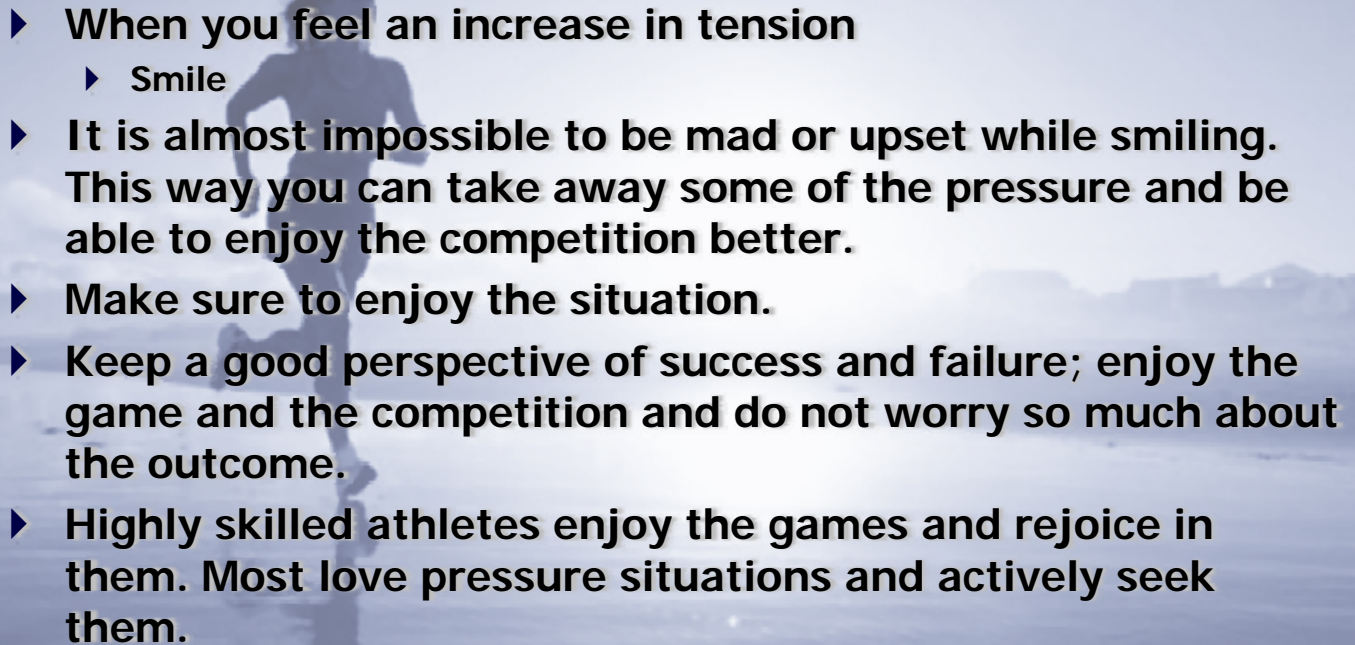
SEQUENCE (1)

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- A silhouette of a person running on a beach at sunset. The person is in the foreground, running towards the right. The background shows a calm sea reflecting the bright sun, which is low on the horizon. The sky is a mix of blue and orange hues. The overall scene is peaceful and serene.
5. Bend your head forward, until the chin hits the chest. Hold for 5", reduce tension in half, and then let go, relax.
 6. Press the palms of your hands against one another to tense the chest and shoulder muscles, reduce tension in half and then relax fully.
 7. Tense your stomach muscles for 5", reduce tension to half and then relax fully.

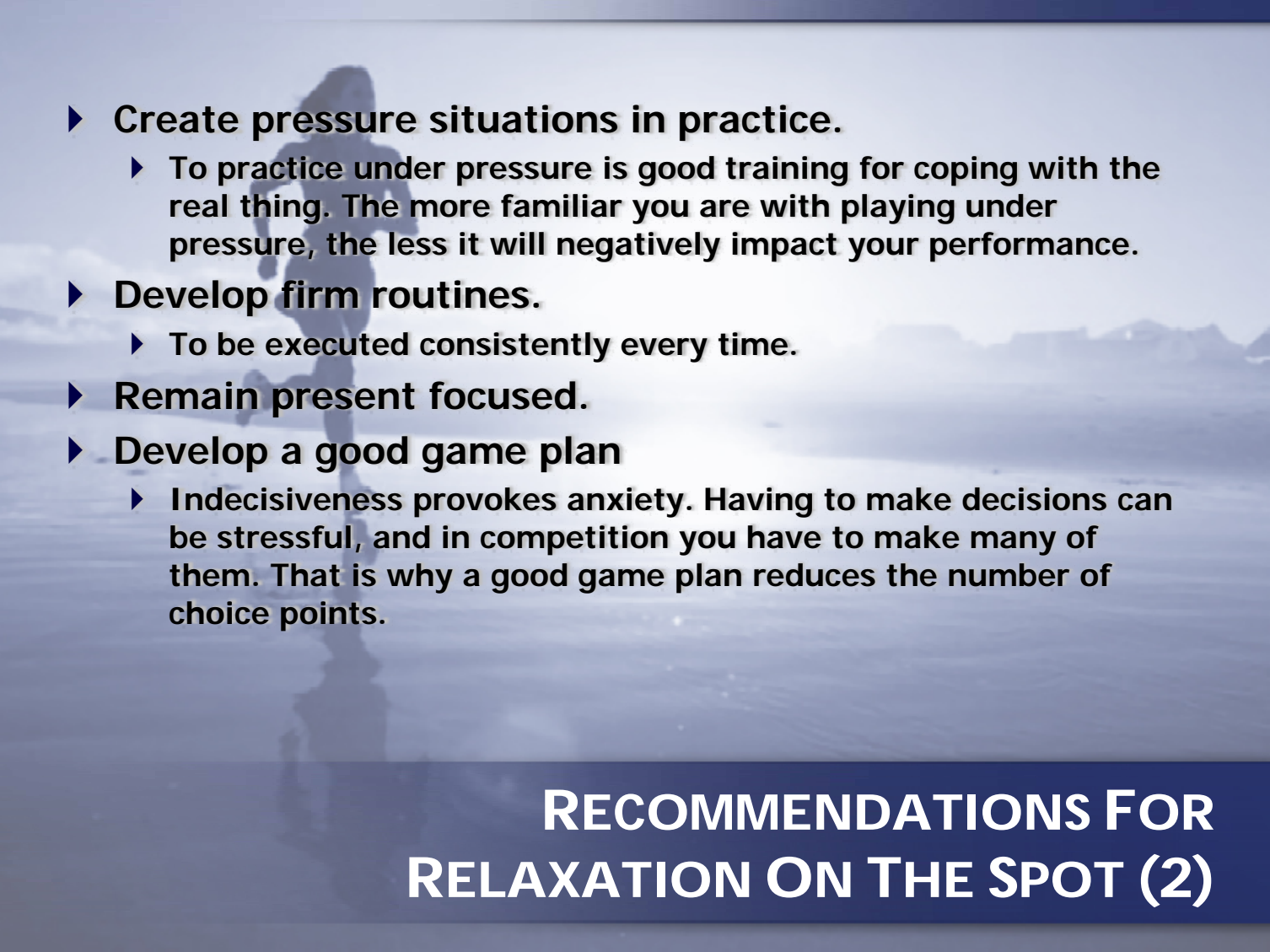
SEQUENCE (2)

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- A person is shown in a yoga pose on a beach at sunset. The person is in a standing position with one leg bent and the foot flat on the ground, and the other leg extended back. The background shows a calm sea and a bright sunset sky with mountains in the distance.
- 8. Push your back against the floor as much as possible, hold for 5", reduce to half and then relax fully.**
 - 9. Stretch your legs and tense them for 5", reduce tension to half, then relax fully.**
 - 10. Point your toes outward and tense feet and calves, reduce to half and then relax fully.**
 - 11. Bend the toes downward, reduce tension to half and then relax fully.**
- ▶ **The final goal of progressive relaxation is its control by a predetermined cue. Breathing can be the cue to engage in relaxation.**

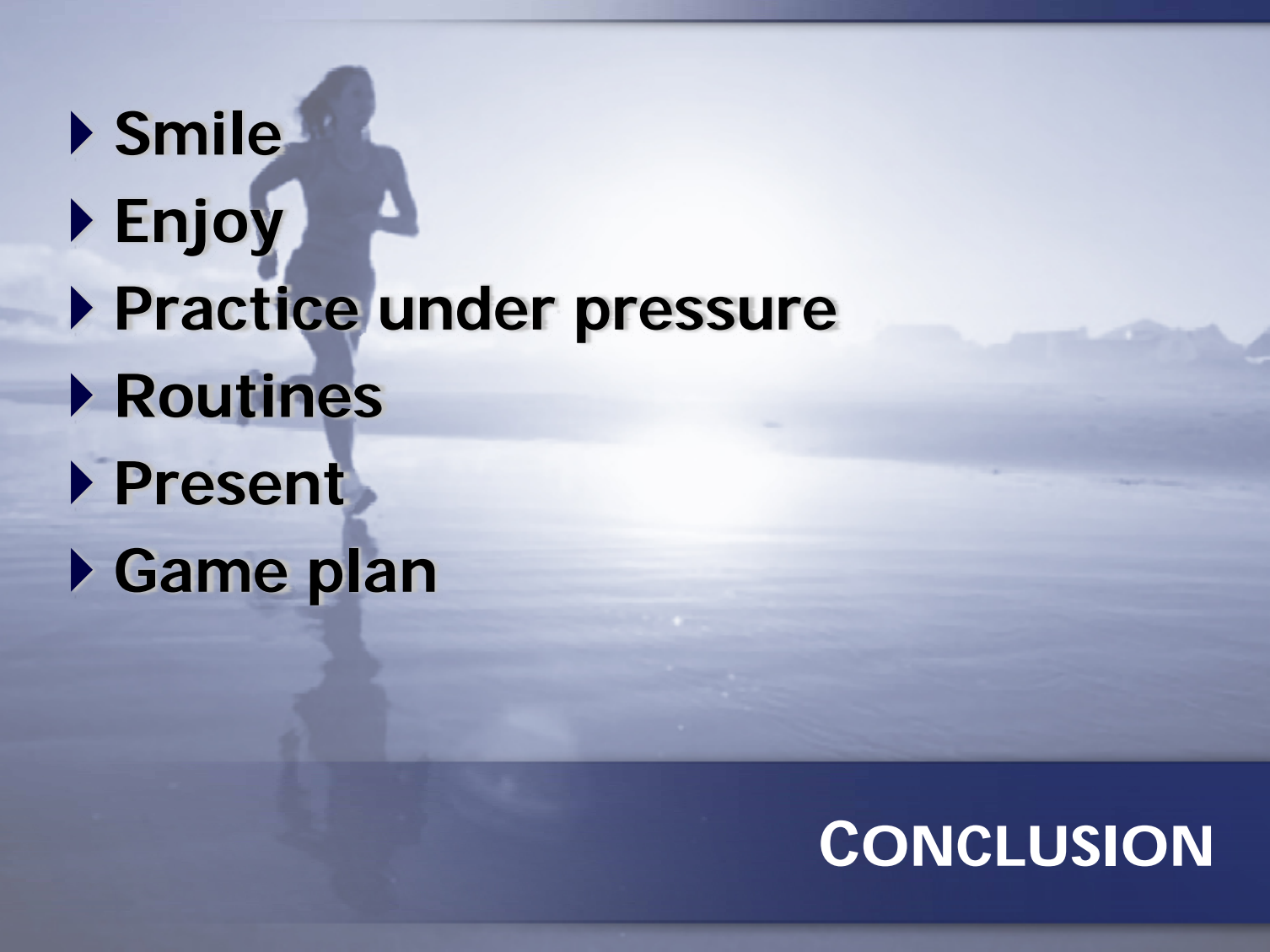
SEQUENCE (3)

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- A silhouette of a person running on a beach, with mountains visible in the background. The person is in the foreground, running towards the right. The background shows a beach and mountains under a clear sky.
- ▶ **When you feel an increase in tension**
 - ▶ **Smile**
 - ▶ **It is almost impossible to be mad or upset while smiling. This way you can take away some of the pressure and be able to enjoy the competition better.**
 - ▶ **Make sure to enjoy the situation.**
 - ▶ **Keep a good perspective of success and failure; enjoy the game and the competition and do not worry so much about the outcome.**
 - ▶ **Highly skilled athletes enjoy the games and rejoice in them. Most love pressure situations and actively seek them.**

RECOMMENDATIONS FOR RELAXATION ON THE SPOT (1)

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- A person is running on a beach at sunset. The person is in the foreground, slightly to the left, and is running towards the right. The background shows the ocean and a sunset sky with orange and yellow hues. The overall scene is peaceful and motivational.
- ▶ **Create pressure situations in practice.**
 - ▶ To practice under pressure is good training for coping with the real thing. The more familiar you are with playing under pressure, the less it will negatively impact your performance.
 - ▶ **Develop firm routines.**
 - ▶ To be executed consistently every time.
 - ▶ **Remain present focused.**
 - ▶ **Develop a good game plan**
 - ▶ Indecisiveness provokes anxiety. Having to make decisions can be stressful, and in competition you have to make many of them. That is why a good game plan reduces the number of choice points.

RECOMMENDATIONS FOR RELAXATION ON THE SPOT (2)

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- ▶ **Smile**
 - ▶ **Enjoy**
 - ▶ **Practice under pressure**
 - ▶ **Routines**
 - ▶ **Present**
 - ▶ **Game plan**

CONCLUSION