

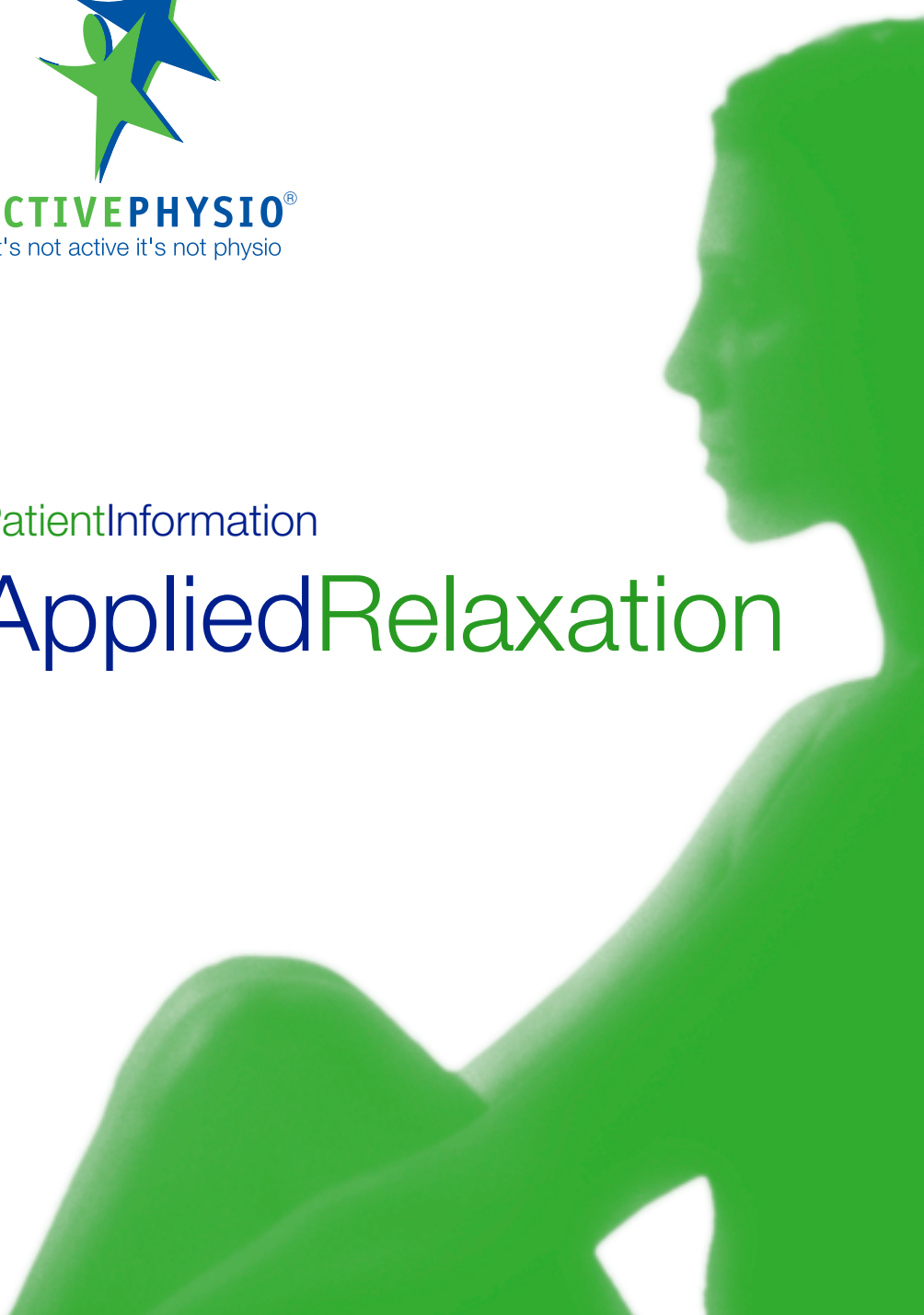


ACTIVEPHYSIO®

If it's not active it's not physio

PatientInformation

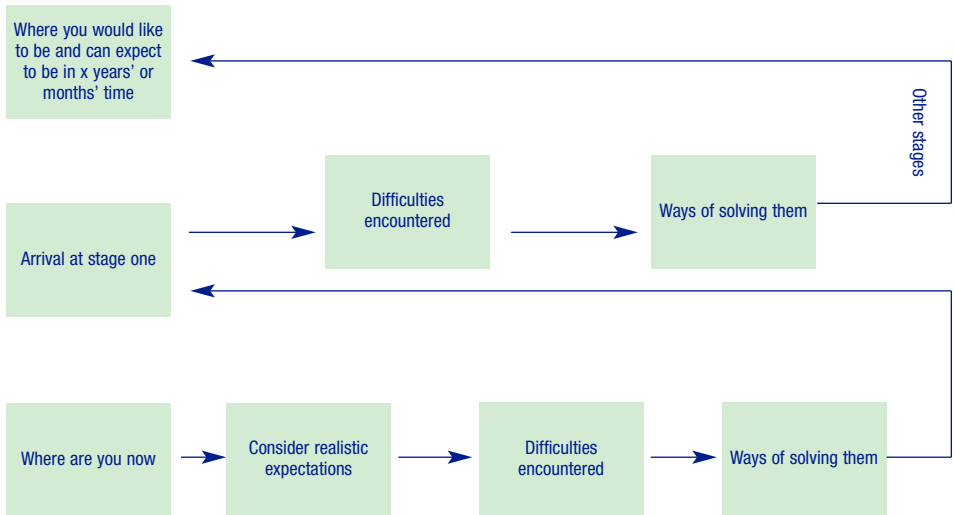
AppliedRelaxation



Applying relaxation methods

This technique addresses specific problems that you may face.

Therefore the goals need to be quite specific. The diagram below may be helpful in creating goals:



Goal setting

- 1 While you are in relaxed state (after physical and imagery relaxation) turn your focus to the goals you wish to set.
- 2 Affirm positively "I believe I can achieve this..."
- 3 Work through the diagram (above) during the process and see what ideas you can come up with to write down once you have terminated your relaxation exercise
- 4 Next time you practice your relaxation use a "programmed visualisation" whereby you imagine you are in the situation, solving the problems encountered in the thought process above and see yourself achieving the goal successfully.

Problem solving

Sometimes problem solving needs more thought.

Here's a plan that can help you develop solutions to help you achieve those goals:

