

# Practice Wellness



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## Relaxation Techniques Workshop

**Relax!** Learn better ways to relax than yelling at yourself. In this workshop you will learn and experience 4 relaxation techniques, along with which situations best correspond to the use of each technique, and how to practice them.

- **Progressive muscle relaxation** is useful before bed, before a presentation or meeting, or while sitting in traffic.
- **4 square breathing** counters our fight or flight mechanism. Use after a near-miss accident or an emotional exchange.
- **OTJ ROM** (on the job range of motion) combats computer fatigue.
- **Visualization** (autogenic training) induces the relaxation response which brings your systems down to a healthy level. Use this technique often before bed, first thing in the morning, or as a transition after work for cumulative results.

Understand how stress affects our lives and the long-term health benefit of practicing these techniques.