






CLARIFYING COMMON THOUGHTS ON TENSION AND RELAXATION

Common thoughts on tension and relaxation	Is this true or false?	Explanation
<i>Relaxing only helps with acute pain.</i>	FALSE 	<ul style="list-style-type: none"> Relaxation is a great tool for individuals who suffer with chronic pain. It is a method that can be used over an unlimited length of time. Although it could help with some acute pains, it works best with chronic pain because acute pain serves as an alarm that should be dealt with immediately and learning relaxation methods can take awhile.
<i>Relaxing is the lazy way to deal with a stressful event.</i>	FALSE 	<ul style="list-style-type: none"> Deciding to use relaxation as a method to battle tension is wise because it works!
<i>It's easier to get in a relaxed state if you practice relaxation exercises often.</i>	TRUE 	<ul style="list-style-type: none"> Practice makes perfect! Getting in a relaxed state may be difficult to achieve at first but the more you practice, the better you will get at it.
<i>Relaxation is not very helpful in doing much other than helping people breathe better and reducing stress by calming them down.</i>	FALSE 	<ul style="list-style-type: none"> Not only does relaxation reduce stress, it can also bring many other benefits such as improving concentration, listening skills and self-confidence.
<i>Meditation has numerous positive effects on the body other than reducing stress and anxiety.</i>	TRUE 	<ul style="list-style-type: none"> Over a period of 2 years, meditation also has been found to increase deep rest, increase self-concept, increase IQ, lower blood pressure, reduce the need for hospitalization, decrease doctor visits and reverse the aging process. Meditation also helps clear the mind, balance emotions, aids in personal development and increases creativity.