

SMART about Mind/Body Practices

S- STOP and “smell the roses” with mindful breathing

S: Stop (or slow down)

T: Take a breath in

O: Observe your breath out

P: Proceed to your next breath. Repeat for 3 or more breaths

You can lengthen your exhale by 2-3 counts. Use “STOP” when you experience stress and promote calm throughout the day.

M- Promote Muscle relaxation with Progressive Muscle Relaxation

Progressive Muscle Relaxation allows you to focus on the feeling of contracting and releasing different muscle groups from head to toe. This increases your awareness of sensations of muscle tension and experience “letting go” of tension. At home use YouTube and deepen relaxation by laying down. Promote muscle relaxation **throughout** the day by stretching intermittently and limiting sitting time to 20 min such as when working at the computer or watching television.

A- Explore and experience the “art of relaxation”.

One easy way to relax is to listen to guided instruction. See instructions on the back for how to find a variety of Relaxation-Meditation videos using YouTube. You can also go to UCLA’s website (marc.ucla.edu) to download or listen to a variety of guided relaxation practices. We encourage everyone to practice sustained relaxation for 10-20 minutes every day and engage in frequent shorter or “mini practices” such as mindful breathing s throughout the day. Relaxation is designed to be **enjoyable**. Please let staff know if it is not so we can find the best practices for you.

R- The Relaxation Response (RR) allows our bodies/mind to “rest & digest, recover, relax, release and, rejuvenate”. Elicit the RR by assuming a comfortable position and engaging in diaphragmatic breathing or “belly breathing” for 10 -20 minutes. During diaphragmatic breathing, your belly rises as you inhale and falls with exhale. You will be instructed on this during your Cardiac Rehabilitation sessions. YouTube can be helpful while learning.

T- TODAY engage in mindful breathing & TONIGHT use YouTube for relaxation

Observe your breath as you exercise on the treadmill or bike. While strength training, link breathing in or out with lifting or lowering weights. As you hold a stretch, observe for 7-10 breaths. After exercise, sit comfortably with eyes open or closed for 3-10 breaths. You can also set your phone or watch (such as Apple watch) to remind you to take 3 deep, full breaths followed by 3 minutes of simply observing/feeling your breath. Aim to do 5 or more times during the day. Use the information sheet on YouTube for suggested relaxation practices which are easy to do at bedtime.

Using Youtube.com for Guided Relaxation-Meditation



1) **Access YouTube** on your phone or computer, tablet etc. by using Google or YouTube app on your phone. 2) **Type into “search YouTube”** any of the following **terms** which will display videos of the different practices most ranging in time from 15 to 20 minutes with some longer. Listen/watch the videos any time you can fully relax. Do not do while driving. Assume a comfortable position sitting in a chair or fully reclined on your bed or floor if you prefer. Bedtime is a perfect time to get started.

- *Progressive muscle relaxation*
- *Body scan*
- *Yoga nidra (rotates attention to areas of body)*
- *Savasana (Reclined relaxation)*
- *Guided Breath meditation*
- *Guided Sleep meditation*
- *Guided visualization beach, forest, rain etc.*
- *Safe Place Meditation*

Here are some other suggested practices that promote relaxation. Type into “Search” the following terms :

- *Easy bedtime yoga or Easy chair yoga*
- *Easy Qi Gong (traditional Asian breathing and body movements)*
- *Tai Chi Chih – “Joy through movement” (Easy Tai Chi routine)*
- *Affirmations (Positive, Morning, Bedtime, Healing etc.)*
- *Guided meditation for Self-compassion, Loving-Kindness*
- *Mindfulness*
- *Relaxation Response*
- *Diaphragmatic Breathing “Belly breathing”*

You can also type into search the names of the following channels which will bring up their relaxation/meditation videos. Here are some channels patients have enjoyed. Jason Stephenson, Honest Guys, The Mindful Movement, UCLA -Meditation, Think Vitality (for easy Qi Gong routines)

