

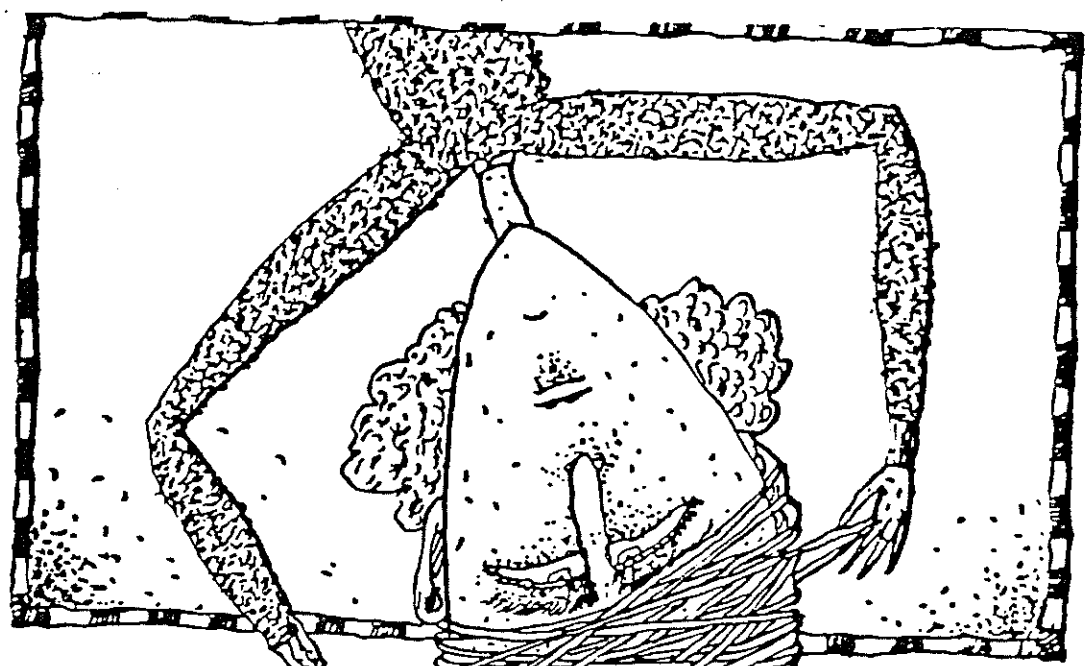
STRESS

WHAT IS STRESS?

Imagine that you were a strange sort of person who, whenever you came across a rubber band, you put it around your head. Some rubber bands would be big and fat and others small and thin, but on and on they'd go, one on top of another. Before long, your head would resemble a weird, giant rubber ball . . . and the pressure on your brain would be tremendous.

Stress can slowly build up in us like this too. Imagine that each fear, problem, or worry we have is one of those rubber bands. Some are big and others small, but each contributes nevertheless to our overall discomfort. Because our worries and fears come to us gradually, over time, we usually don't realize they are piling up. But as they do, we just unconsciously adapt to more and more pressure, while at the same time trying to function normally — like we always have.

As the pressure builds, a number of things can happen. Just like we wouldn't feel



J. Peña

each of those rubber bands individually, we don't feel and experience every individual fear or worry, either. But when we get enough of those worry, fear, and pressure "rubber bands" wrapped around us, we sense there's a major danger out there somewhere — though we just can't say where. Instead, we become GENERALLY more anxious and fearful—

and we tend to be more on guard with *everything*. Like a cat or dog in an unfamiliar neighborhood, we're always nervous and on the lookout for problems or danger. Keeping our guard up all the time puts an enormous strain on our whole body — it's a lot of work. Eventually our body complains and begins to send out signals that something is very wrong.

In addition to physical problems showing up, our good attitude begins to wear thin too. With less energy, enthusiasm, patience, and good humor, we can no longer function at our best. Because we don't feel good anymore and life seems generally pretty scary, we're likely to withdraw more and more from the world.

Unfortunately, that choice takes us away from what we need the most, like support and love. So this circle gets tighter and tighter: we feel worse, withdraw more, and down we go in an ever-increasing negative spiral. The better choice? Get rid of the old "rubber bands" of stress, and then stop adding new ones.

Hot Quotes on Stress

"Stress is like . . . your body is full of little angry guys inside you." — Gary, 15

"The way I normally deal with stress is by keeping all my feelings inside, but I'm trying to reach out to others and ask for support. I really don't think that there's much we can do to relieve stress because it's always going to be there in one form or another." — Dorene, 15

"Kids don't use drugs to be cool. That faded out a few years ago. Now kids are mistakenly thinking drugs help them deal with the stress of life." — Paula, 18

"Stay a kid as long as you can because it doesn't get easier." — Ryan, 15

"Adults can relieve some stress. They can stop putting so much pressure on us to excel and limit themselves to encouraging us, so when we do something, we'll have done it for us, not for them!" — Jennifer, 14

Dealing With The Feeling

It's not fun to feel stressed out, and it's natural for people to want to escape feelings of pressure and discomfort. Any means a person uses to avoid stressful FEELINGS is called short-term coping. Why "short" term? Because it only works for a little while. Whenever we stop our escape attempts, our life is there again, just waiting with the same stressful feelings. There's no place, no way, to hide from them for long. The old saying is really true: "Wherever you go, there you are." We just can't get away from ourselves for very long.

Unfortunately, no matter what method we choose to escape from feeling bad, IT DOESN'T FIX THE PROBLEM.

So while we are busy escaping, our problems remain unsolved and are probably getting worse. We create a crazy circle for ourselves: the more we run away from our feelings, the worse our problems get, and the more we feel the need to run away. As a result, we increase the amount we drink, eat, smoke, gamble, work, study, have sex, or whatever it is we're doing to not feel the ever-increasing pressure. As the cycle continues, our behavior can get pretty weird and even self-destructive. As the pressure builds and our life gets worse, we usually find it necessary to lie to cover up our escape behavior. Some of us get so good at lying about our behavior and do it so often that we can't tell what's true for ourselves any more. When we don't know how bad our life has gotten because of all the escape behaviors we're using, it's called *denial*.

When we continue to use escape behaviors in spite of harmful consequences, we could have a serious problem — a behavior disorder or addiction — that needs outside help. Unless we get help and really start looking at what we're doing, over time stress, denial, and the need to escape will continue to increase. This can go on a long time — usually until something in our life goes very wrong.

Not everybody becomes addicted to a substance or a behavior to deal with stress. Some of us, however, just seem to be made in such a way that alcohol, other drugs, and mood-altering behaviors trigger an addictive cycle. When this happens, we need major help. Fortunately, there are lots of self-help groups to turn to when things are tough. If you sense that you MIGHT be caught in a destructive coping cycle, **reach out for help**. There are better ways to deal with feeling bad, and the price you are paying is way too high.

God grant me the serenity

to accept the things I cannot change,

the courage to change the things I can,

and the wisdom to know the difference.

—Reinhold Niebuhr

The Serenity Prayer

HANDOUT 16

Signs of Stress Worksheet

Directions: Check the appropriate category depending on how often you experience the sign.

1. Inability to get to sleep or restless sleep.

Frequently _____ Sometimes _____ Not at all _____

2. Irritable, moodier than usual.

Frequently _____ Sometimes _____ Not at all _____

3. Decrease or increase in eating.

Frequently _____ Sometimes _____ Not at all _____

4. Increase in drugs or drinking.

Frequently _____ Sometimes _____ Not at all _____

5. Sudden impulse to cry.

Frequently _____ Sometimes _____ Not at all _____

6. Worrying about lots of things.

Frequently _____ Sometimes _____ Not at all _____

7. Lack of control, yelling, lack of patience.

Frequently _____ Sometimes _____ Not at all _____

8. Confusion, uncertainty.

Frequently _____ Sometimes _____ Not at all _____

9. Headaches, tension in body.

Frequently _____ Sometimes _____ Not at all _____

10. Agitated, reckless behavior.

Frequently _____ Sometimes _____ Not at all _____

- ⑤
- ④
- ③
- ②
- ①

LIST FIVE THINGS CURRENTLY IN YOUR LIFE THAT ARE STRESSING YOU OUT. MOST STRESSFUL (1) TO LEAST STRESSFUL (5)

- 11. Decline in achievement. _____ Frequently _____ Sometimes _____ Not at all
- 12. Difficulty getting along with others. _____ Frequently _____ Sometimes _____ Not at all
- 13. Constant complaining, feeling that things aren't right. _____ Frequently _____ Sometimes _____ Not at all
- 14. Listlessness, loss of interest in things. _____ Frequently _____ Sometimes _____ Not at all
- 15. Constant demand for perfection in self or others. _____ Frequently _____ Sometimes _____ Not at all

HANDOUT 16 (cont'd)

Problem Management

Problem management means recognizing, working through, and getting rid of as many old fears, worries, and pressures as you can — and then trying not to add new ones. The ultimate goal is to see and deal with your stress-makers as soon as possible after they appear. If you do this, you can pretty much keep stress-caused pressures from building up in you at all. Here are a few things you can do to reduce the stress you feel:

Make a List of Your Stress-Makers

It is helpful to be aware of the things in your life that cause you stress. Writing them down on paper can help you see your problems more clearly and even reduce some of their power over you. Your feelings won't be so vague or mysterious, and you'll have a better idea how to take positive action.

Sorting It All Out

On your list of problems, fears, concerns, and pressures, you'll find some things you can do something about, and others that remain out of your control. Once you know which is which, you won't need to put too much energy into the ones you can't do anything about. Look at the ones you think you can work with, and then decide which ones deserve attention first.

Start Small

At first, pick some of the little things. They will be easier to handle, and besides, it's nice to have a few early successes at making a positive difference in your life. It helps you build up the courage to tackle the bigger issues.

Get Support

When you have problems, the most important action you can take is to talk to someone you trust. Because you are so involved with your problems, you just can't be really clear and objective about what to do. And talking to someone you trust about what is making you afraid, confused, or ashamed is the best way to reduce the uncomfortable feelings.

Getting your feelings and problems out in the open, feeling cared about by friends, hearing an objective viewpoint, or just

STRESS



learning you are not alone with your concerns — these are just some of the benefits that can come from sharing your fears and worries.

SEE PEOPLE I CAN TRUST AND WEAVING A SAFETY NET

Imagine you'd been putting stress "rubber bands" around your head for fifteen years — one for every worry and problem and fear you'd had and kept inside. Imagine how good it would feel to have those old rubber bands gradually removed. Imagine getting so healthy and skilled at handling problems and feelings as they come up that you never put another one on your head. Imagine having ten trustworthy friends you could call whenever you felt a little stressed out. That is what problem management is like, once you begin tackling your problems as they come up.

Coping

1. *Withdrawing Temporarily*—Temporary withdrawal can relieve stress. Relaxing or challenging activities can provide either distraction or a way to use up excess energy or both. Reading, watching television, listening to music, swimming, biking, and running may all be helpful in putting problems in perspective.

2. *Laughing at Yourself*—A sense of humor has helped many people get through stressful times in their lives. Being able to laugh at yourself and not take life so seriously can be an extremely useful tool for stress management and self-protection. Sometimes it helps to ask, "In a hundred years, what difference will it make? In one year? Next week?" Often "sleeping on it" sheds new light on a problem and makes it seem manageable.

3. *Developing a Healthy Lifestyle*—Nutrition and physical fitness impact your ability to not only manage stress, but to make wise choices and to take care of yourself.

Nutrition plays a key role in wellness and self-protection. Eating a balanced diet is important to feeling good. It is very critical in stress management because stress is a major cause of overeating. It is important to eat a variety of foods, maintain your ideal weight, consume adequate starch and fiber, avoid excess sugar and salt. Research shows that nutrition affects hyperactivity, immunity to disease and infection, anxiety, and life expectancy. You need to learn basic nutrition principles and plan how to apply them to your diet.

Physical exercise benefits your heart and lungs by making heart muscles stronger and increasing lung capacity. It reduces blood pressure and lowers heart rate as well as reducing cholesterol and aiding circulation. Exercise reduces body fat and improves appearance as muscles become firm. It also increases energy level, lessens fatigue, and clears the mind. Regular physical exercise builds a sense of control over behavior. The connection to stress management and self-protection seems apparent. The social benefits of involvement with school and team sports can be another reason for you to participate in a regular exercise program.

Taking Responsibility Gives Satisfaction

Teens will be most successful in managing stress and developing self protecting lifestyles when they have learned that they are ultimately responsible for their own happiness, their relationships, their health, their school achievements, and their fitness and safety. No one else can make all their decisions.

There is no magic time when one is suddenly "grown up." Growth and learning are continuous. People with healthy lifestyles keep growing and changing even when they're very old.

Problems and stresses continue throughout life. One successful solution does not mean an end to problems. Not all decisions will be the best. But either way, the experience of having made a decision will provide another tool which will make the next decisions easier. Growing up and managing stress isn't easy. The responsibility may be scary. But the sense of accomplishment which comes from solving problems and the feeling of control of one's own life is worth the difficulty and the risk.

The Physical Side of Stress

All humans — even your marginally human friends — have a common physical response to feeling stressed out. It is called the *Fight or Flight Response*. Very simply put, in moments of PERCEIVED danger, your body gets ready to fight or run. (The key here is **perceived** danger — but more on that in a bit!) We have a special nervous system whose main job is to keep us alive by doing battle with or getting us away from things that threaten us. Here is a list of SOME of the things that your body does every time you are fearful:

- **Your breathing gets faster:** This change makes more oxygen available to the bloodstream for energy and top performance.
- **Your heart beats faster:** To get oxygen-rich blood to the brain and muscles as quickly as possible.
- **The big arteries in your neck open wide:** This allows blood to flow to your brain quicker. It may make your face look pink and feel warm, your ears hot, or give you a "pressure" headache. It can also make you feel dizzy or light-headed.
- **The small blood vessels in your hands and feet contract:** When these vessels get smaller, blood flow to your hands and feet is restricted. This change makes more blood available to big muscles in your arms, legs, back, and abdomen for running and fighting. This change can also make your hands and feet cold.
- **Your body sweats:** Sweating is how the body cools off. Because running and fighting generate a lot of heat, the body starts its cooling process right away. This may cause your hands and feet to get damp.
- **Your digestive tract shuts down:** The body can't be bothered with processing lunch when you life is at risk, so more blood available elsewhere in your body. Your mouth may get really dry or your stomach may feel upset.
- **Your glands and organs release chemicals:** Every gland and organ has a special function during the fight-or-flight response, and they all get in gear to help "save" you. The one you're probably most familiar with is adrenalin — it causes the feeling of "butterflies" in your stomach.

STRESS

While some of these responses may make you think you're sick, they're actually signs that your body is healthy and working as it should.

No matter what the threat, our body's response to it is the same — only the intensity varies, and that's based on our PERCEPTION of how much danger we're really in. Just thinking about a scary situation — or even watching a scary movie, for example — sets off the fight-or-flight response. Our body can't tell the difference between a "real" dangerous situation and one only created in our head by our worries. The fight-or-flight response is designed for "emergency use only." But if you worry a lot, your body will be in this revved-up state often. Maintaining the fight-or-flight state is really hard on your body, and really exhausting too.

(SEE  WORRY)

What Physical And Emotional Signals Do You Get When You Are Really Stressed Out?



- "Physically, I get headaches, stomachaches, and sometimes dizziness. Emotionally, I get very cold towards people and often will blow up at them for no reason. Sometimes I just cry for no reason too." — Nick, 14
- "Sometimes I actually get shaky. I get a ton of anxiety and feel like things are out of control." — Steve, 18
- "I can feel the tension building up in my body and sometimes I get a headache. I get mad very easy and cry more often." — Shell, 14
- "I get shaky and nervous, lock my breath up inside so I have to take deep breaths. I get angry, frustrated, and my thoughts start racing." — Al, 17
- "My pace slows down and I can't concentrate, I daydream more. I get really depressed and moody. All I wanna do is put on my *Phantom of the Opera* tape and lay in the bathtub." — Loretta, 15
- "I get major breakouts of zits, I am really tired and I get bags under my eyes. When I'm stressed out I want to cry about everything." — Jody, 14

What Makes You Stressed Out?



Family:

- "My parents have divorced and remarried. I get moved back and forth every other weekend. With new kids in my house there isn't enough time for everyone so I feel left out." — Debra, 14
- "The pressure from family to succeed, and them always asking why I'm not more like my brother." — Michelle, 16
- "Parents constantly arguing and my mother always on my back about something." — Ann, 18
- "My dad's girlfriend always yelling at me for stupid reasons." — Marie, 16
- "It drives me nuts when my mom always interrupts me when I'm trying to talk to her." — Kirstin, 15

School:

- "Rumors, two-faced people, materialism, and male chauvinist teachers!" — Sara, 17
- "With the way I was brought up, school is more important than anything: I live for grades and hate myself for it." — Debra, 16
- "Sometimes I feel I can't handle it and there are times I'd like to say 'forget it' but I don't." — Mary, 18
- "Peers shunning me because I don't dress the same as they do or hang out with the 'right' crowd." — Michelle, 16
- "Grades, people who don't even know your first name but judge you anyway, rumors." — Ann, 18



What Makes You Stressed Out?

Friends:

● "When my friends are making choices I know are only leading to trouble, or when they're going through tough times and I can't do anything to help." — Michelle, 16

● "Dealing with my friends' problems 'cause I'm the type of person that absorbs everyone else's problems." — Lynn, 18

● "Sometimes they push you to be something you're not. My friends are great, but they're not perfect." — Mary, 18

● "When friends let you down." — Ann, 18

● "I've got a few but I always wonder if they truly are my friends." — John, 17

● "When I am running around fixing everyone's problems." — Leigh, 13

Life in General:

● "Sometimes everything comes down on me at once and I feel like I'm going insane." — Mary, 18

● "Trying to be popular, skinny, and feeling like an outcast compared to others." — Sara, 17

● "It's not very much fun. Trying to make everyone happy, school, chores, family matters. It's too hard. I didn't have much of a childhood." — Debra, 16

● "When I don't do as well as I know I could or when I have a lot of things happening all at once, good or bad." — Michelle, 16

- "Sleep, relax with my dog, go down by the river with a friend, or sometimes just scream." — Ann, 18
- "Not much — I try not to lay my crap on my friends because they have enough to deal with on their own. So I am filled up most of the time and my body reacts with rashes and chronic bronchitis." — Lynn, 18
- "I listen to the radio and clean my room. When I am in the mood, I write poems or paint. Other times I just sit in my room and cry." — Debra, 16
- "Heavy exercise takes my mind off of things, and when I go back to my problems I find it easier to put things in perspective. I talk to other people and find out what they did in similar situations. Sometimes all I need is a good cry before I dive back in and sort things out. But no matter what, eventually I have to deal with things and not run away." — Michelle, 16
- "Punch a pillow or locker. Scream or cry." — Devon, 17
- "After exercising I feel so energized and relaxed." — Elyse, 17
- "I listen to music, play my piano or dance." — Kirstin, 15
- "I just read or talk to a friend or just go sit and think for a while." — Leigh, 13

What Things Do You Do To Feel Better When You Are Totally Stressed Out?



STRESS MGMT.

HOW PEOPLE REACT TO STRESS AND PROBLEMS

Failure on a test, a fight with a friend, an argument with a parent, or a put down by a teacher can be upsetting. Many things that cause problems are beyond our control: parents divorcing, a family moving away, the death of someone close to us, or family financial problems. We all know someone who has broken up with a boyfriend or girlfriend, feared pregnancy, gotten in trouble with the law, or felt utterly deserted and alone.

There are three basic ways of reacting to the problem:

- You can get angry—scream, shout, throw things, start a fight, or go on a rampage.
- You can withdraw—take a drink, shut up in a room, take a pill, daydream, stop talking to everyone.
- You can take charge—think out the problem, try to find a solution, ask for help, or work for change.

UNHEALTHY WAYS TO REACT TO PROBLEMS

Aggression and anger get attention. Striking out at whomever seems responsible for the problem brings temporary relief. But aggressive actions, like drinking too much, driving recklessly, swearing at people, and breaking up things, can cause trouble in the long run. They don't usually solve the problem.

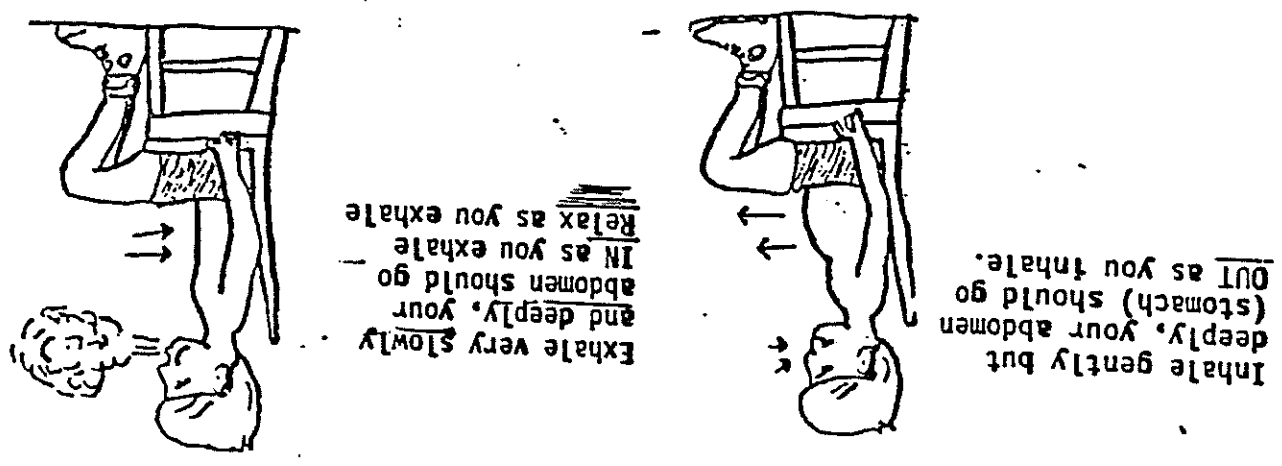
Withdrawal can also be destructive. It's normal to react. "Just leave me alone!" But if it goes on for a long time, we are without what we need most—sharing, understanding, and help. Alone with a problem, we feel like no one cares. We're just worthless. The depression and anger become worse.

BREATHE PROPERLY, RELAX and FEEL BETTER

Learning to breathe properly and to relax when you are tense or anxious are two very important things you can do to help yourself and to make yourself feel better. By learning to breathe properly your lungs will be more efficient and you will be breathing more air in and out which is good for you. Get your other family members to learn to breathe properly along with you, its good for them too.

Learning to breathe properly is easy:

While sitting or lying-down comfortably -



It might be helpful to put your hand or a book on your abdomen while practicing. See how far you can get it out as you inhale and how far you can get it in as you exhale slowly.

Practice breathing properly often so that you will eventually be breathing in this relaxed manner all of the time.

When you are tense or anxious it is harder for you to breathe, to help yourself, you will learn to relax:

Begin to relax by thinking about your breathing and concentrate on breathing properly. After you are breathing properly again start to relax the muscles of your body especially your shoulder, neck and chest muscles. It might be helpful to purposely tense up your muscles and then relax them as you think of all the areas of muscle in your body, one by one.

Think about being totally relaxed with all of your muscles limp - let your breathing get deeper and more relaxed - picture yourself somersault very restful and relaxed.

You can help yourself and make yourself feel better by learning to breathe properly all of the time and to concentrate on relaxed deep breathing whenever you begin to feel yourself getting tense, anxious, or up tight.

HANDOUT 17

Stress Management Worksheet

Directions: Underline each of the stress management techniques as they appear in the following story.

Tim has been experiencing a lot of stress lately because his parents have been fighting. He thinks they might get a divorce. His dad has been drinking a lot and seldom comes home. Tim has been having a hard time getting to sleep, and his grades have been slipping. He has been staying out later with his friends and doing some drinking himself as a way of getting his mind off things. He has been afraid to ask his folks for money, so last week, when he was out of money and his friends wanted to go drinking, he lifted a six-pack from the supermarket. He has lost his temper a lot with his girlfriend, so things aren't so great with her. He got so mad that he almost hit her hard last night. Things just seem to be getting worse instead of better. He finally talked to one of his friends, who suggested that he try jogging, which he intends to do this weekend. He also borrowed a relaxation tape from a friend because he thinks that might help him sleep better. Yesterday he went to the school counselor and talked a little bit about the problems he has been having.

HANDOUT FOR SESSION
SUMMARY OF DEEP MUSCLE RELAXATION

You can learn to relax all large muscle groups in your body. The method requires that you tense (tighten up and hold the tension) and then relax the muscle. Each time you do this, concentrate on the difference in body sensations and feelings between the tension and the relaxation. Learning these feelings will help you become aware of any tense muscles which you can then relax. The exercise progresses as follows:

Right hand and forearm - twice
Left hand and forearm - twice
Biceps - bend elbow - once
Triceps - arms stretched out - once
Forehead - wrinkle up - once
Forehead - wrinkle down - once
Eyes - close tightly - once
Tongue - pressed up to roof of mouth - once
Neck - head pressed back - once
Neck - head pressed back, rolling head to the left and to the right - twice
Neck - chin pressed against chest - once
Chest - deep breath, hold it, exhale slowly - twice
Stomach - hold it in - twice
Stomach - hold it out - twice
Lower back - arch it up - twice
Thighs - press down on heels - twice
Calves - toes forward - twice
Shins - toes up and back - twice

Try to practice this exercise two times daily for maximum benefit in a quiet place as free from distractions as possible.

Complete Natural Breathing

Healthy infants and prehistoric men breathe in this complete, natural manner. Civilized man, with his penchant for tight clothing, a sedentary and stressful life style and poor posture, has tended to move away from this form of breathing. The following Yoga exercise, with practice, will become almost automatic.

1. Begin by sitting or standing up straight in good posture.
2. Breathe through your nose.

3. As you inhale, *first* fill the lower section of your lungs. Your diaphragm will push your abdomen outward to make room for the air. *Second*, fill the middle part of your lungs as your lower ribs and chest move forward slightly to accommodate the air. *Third*, fill the upper part of your lungs as you raise your chest slightly and draw in your abdomen a little to support your lungs. These three steps can be performed in one smooth, continuous inhalation, which with practice can be completed in a couple of seconds.

4. Hold your breath for a few seconds.
5. As you exhale slowly, pull your abdomen in slightly and lift it up slowly as the lungs empty. When you have completely exhaled, relax your abdomen and chest.
6. Now and then at the end of the inhalation phase, raise your shoulders and collarbone slightly so that the very top of your lungs are sure to be replenished with fresh air.

Deep Breathing

1. Although this exercise can be practiced in a variety of poses, the following is recommended: lie down on a blanket or rug on the floor. Bend your knees and move your feet about eight inches apart, with your toes turned outward slightly. Make sure your spine is straight.
2. Scan your body for tension.
3. Place one hand on your abdomen and one hand on your chest.
4. Inhale slowly and deeply through your nose into your abdomen to push up your hand as much as feels comfortable. Your chest should move only a little and only with your abdomen.

The Windmill

When you have been bent over your work for several hours and are feeling tense, this exercise will relax you and make you more alert.

1. Stand up straight with your arms out in front of you.
2. Inhale and hold a complete natural breath.
3. Swing your arms backward in a circle several times and then reverse directions. For variety, try rotating them alternately like a windmill.
4. Exhale forcefully through your mouth.
5. Practice a couple of purifying breaths.
6. Repeat this exercise as often as you like.

Purifying Breath

This exercise not only cleans your lungs, it also stimulates and tones up your entire breathing apparatus and refreshes your whole body. It may be practiced by itself or combined with other breathing exercises.

1. Begin by sitting or standing up straight in good posture.
2. Inhale a complete natural breath as described in the previous exercise.
3. Hold this breath for a few seconds.
4. Exhale a little of the air with considerable force through a small hole between your lips as though you were blowing through a straw. Stop exhaling for a moment and then blow out a bit more air. Repeat this procedure until all the air is exhaled in small, forceful puffs.

Bending

Again, this exercise is a useful one to use when you feel stiff and tense. It has the added benefit of stretching your torso, making it more flexible for breathing.

1. Stand up straight with your hands on your hips.
2. Inhale and hold a complete natural breath.
3. Let the lower part of your body remain stiff. Bow forward as far as you can, slowly exhaling completely through your mouth.
4. Stand up straight again and inhale and hold another complete natural breath.
5. Bend backwards as you slowly exhale.
6. Stand up straight again and inhale and hold another complete natural breath.
7. Continue this exercise, bending first backwards and then to the left and right sides.
8. After each round of four bends, practice one purifying breath.
9. Do four full rounds.

NAME _____
DATE _____

What is stress?

Name three physical signs of stress.

1. _____

2. _____

3. _____

How do you react to stress?

Name three unhealthy ways to react to stress.

1. _____

2. _____

3. _____

Name three healthy ways to react to stress.

1. _____

2. _____

3. _____

Name three of the five breathing techniques we practiced.

1. _____

2. _____

3. _____

NOW LET'S RELAX

For the next thirty minutes we will practice what we learned, through a relaxation tape.