

Breathing & Relaxation Programme

Facilitator: Rosemary Mannering: 4 weeks (6 hours): \$75 course fee

For details of the **next programme** contact us on
email: -reception@mhaps.org.nz or phone: - (03) 377 9665



There is **always a physical reaction to stress**. Recognition of this is the first step towards being able to control your reactions.

A dysfunctional breathing pattern is seen in many conditions including asthma, 'burnout,' chronic hyper-ventilation, anxiety, insomnia and chronic obstructive pulmonary disease.

Control of physical symptoms prevents an escalating spiral of symptoms and it gives a sense of power and improved coping skills. Learning to breathe correctly can help the management of these and many other conditions.

Rosemary's experience and her facilitation style allow you ample opportunities on the programme to practice learning to relax your muscles and to breathe correctly. In your own time between workshops you are encouraged to make these techniques a part of your way of being.

The programme includes

- Definition of stress and the stress/anxiety cycle
- Setting goals
- Posture, muscle tension
- Contrast relaxation
- Breathing patterns and control techniques
- Sleep and techniques to improve it
- Visualisation relaxation
- Techniques to use 'on the run'

Expected Outcomes for participants

- ☺ Increased awareness of current breathing and tension patterns
- ☺ Understanding and ability to put into practice improved breathing patterns
- ☺ Identification of muscle tension and ability to relax body whenever they choose to
- ☺ Reduction of stress and anxiety experience in daily life
- ☺ Increase in energy and ability to undertake other activities
- ☺ Reduction in feelings of isolation and exclusion from social experience
- ☺ Mutual sharing and encouragement of each participant within the group.
- ☺ Enable people who have any form of mental distress or alcohol and substance addiction to reduce the barriers they have to participating in learning or other activities.

About the Facilitator

Rosemary Mannering has been working as a qualified physiotherapist since 1963. In 1994 she secured a Winston Churchill Fellowship and visited Britain to study the role of physiotherapy in mental health. Since 1985 she has been providing physiotherapy through inpatient and outpatient mental health services and from 2000 she has specialised in using physiotherapy for the treatment of anxiety disorders and breathing disorders.

What Other People Say

‘Explaining thoroughly the physical aspects of anxiety and how breathing affects it.’

‘Showing clearly how we can form better breathing habits and gain control of anxiety.’

‘Run the course longer! I found it very beneficial.’

‘Thank you so much. This course has been life-saving.’

“I was amazed to learn how something I do every second without thinking, can have such a positive calming effect on my anxiety and sleeping” (Shelley from Mhaps)

Please enquire from our reception for details of the next programme

Phone 03 365 9479 or email reception@mhaps.org.nz