参考资料4

# 松弛练习

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| **(一) 腹式呼吸** | |  | |  |  | |  | |  | |  | |
| 步骤1︰  先找一张椅子坐下，背靠着椅背 | |  | | 步骤2︰  先用鼻子深深地吸一口气，让腹部慢慢胀起，全身保持放松的状态 |  | | 步骤3︰  缓缓的将气呼出，让腹部收缩起来，回复到吸气前的状态 | |  | | 步骤4︰  重复呼吸练习，直至心跳及呼吸减慢，并感觉平静 | |
| **(二) 肌肉松弛练习** | |  | |  |  | |  | |  | |  | |
| **双手和双臂** | |  | |  |  | |  | |  | |  | |
| 步骤1︰  双手握拳 | |  | | 步骤2︰  双手屈起，手腕尽量贴近膊头 |  | | 步骤3︰  慢慢将双手放下及放松 | |  | |  | |
| **头部** | |  | |  |  | |  | |  | |  | |
| 步骤1︰  头部尽量后拗 | |  | | 步骤2︰  慢慢将头部放回原位及放松 |  | | 步骤3︰  头部尽量向前拗，下颚贴近胸前 | |  | | 步骤4︰  慢慢将头部放回原位及放松 | |
| **口部** | |  | |  |  | |  | |  | |  | |
| 步骤1︰  尽量咬紧牙关 | |  | | 步骤2︰  用力合唇 |  | | 步骤3︰  尽量扩张胸部 | |  | | 步骤4︰  慢慢将牙关、双唇及胸部放松 | |
| **膊头** | |  | |  |  | |  | |  | |  | |
| **第一组练习**  步骤1︰  膊头用力向上推，尽量贴近耳朵 | | | | | |  | | 步骤2︰  慢慢将膊头放下及放松 | |  | | |
| **第二组练习**  步骤1︰  双膊后拗，胸部前挺 | | | | | |  | | 步骤2︰  慢慢放松 | |  | | |
| **双脚** |  | |  | | |  | |  | |  | |  |
| 步骤1︰  双脚离地伸直 |  | | 步骤2︰  脚板向下拗 | | |  | | 步骤3︰  脚板向上拗 | |  | | 步骤4︰  慢慢放松 |