參考資料4

# 鬆弛練習

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| **(一) 腹式呼吸** | |  | |  |  | |  | |  | |  | |
| 步驟1︰  先找一張椅子坐下，背靠著椅背 | |  | | 步驟2︰  先用鼻子深深地吸一口氣，讓腹部慢慢脹起，全身保持放鬆的狀態 |  | | 步驟3︰  緩緩的將氣呼出，讓腹部收縮起來，回復到吸氣前的狀態 | |  | | 步驟4︰  重複呼吸練習，直至心跳及呼吸減慢，並感覺平靜 | |
| **(二) 肌肉鬆弛練習** | |  | |  |  | |  | |  | |  | |
| **雙手和雙臂** | |  | |  |  | |  | |  | |  | |
| 步驟1︰  雙手握拳 | |  | | 步驟2︰  雙手屈起，手腕盡量貼近膊頭 |  | | 步驟3︰  慢慢將雙手放下及放鬆 | |  | |  | |
| **頭部** | |  | |  |  | |  | |  | |  | |
| 步驟1︰  頭部盡量後拗 | |  | | 步驟2︰  慢慢將頭部放回原位及放鬆 |  | | 步驟3︰  頭部盡量向前拗，下顎貼近胸前 | |  | | 步驟4︰  慢慢將頭部放回原位及放鬆 | |
| **口部** | |  | |  |  | |  | |  | |  | |
| 步驟1︰  盡量咬緊牙關 | |  | | 步驟2︰  用力合唇 |  | | 步驟3︰  盡量擴張胸部 | |  | | 步驟4︰  慢慢將牙關、雙唇及胸部放鬆 | |
| **膊頭** | |  | |  |  | |  | |  | |  | |
| **第一組練習**  步驟1︰  膊頭用力向上推，盡量貼近耳朵 | | | | | |  | | 步驟2︰  慢慢將膊頭放下及放鬆 | |  | | |
| **第二組練習**  步驟1︰  雙膊後拗，胸部前挺 | | | | | |  | | 步驟2︰  慢慢放鬆 | |  | | |
| **雙腳** |  | |  | | |  | |  | |  | |  |
| 步驟1︰  雙腳離地伸直 |  | | 步驟2︰  腳板向下拗 | | |  | | 步驟3︰  腳板向上拗 | |  | | 步驟4︰  慢慢放鬆 |