

## Relaxation

Relaxation is understood as a state of mental and physical calmness and lack of tension when the mind and body are relatively free from stress and distraction. People experiencing long-term stress or anxiety may have trouble achieving a state of relaxation and use of relaxation techniques can help reduce tension. Many people adopt various forms of relaxation in everyday life, for example, physical activity, meditation, aromatherapy, and music. Two relaxation techniques are often used in therapeutic work: Jacobson's progressive muscle relaxation technique and Schultz autogenic training.

Jacobson's progressive muscle relaxation technique (also known as progressive relaxation therapy) involves contraction and relaxation of different groups of muscles one by one. Schultz autogenic training is based on creating a sense of warmth and heaviness in various parts of the body, and also involves imagination and visualization.

At the beginning, the client learns how to perform these techniques with the support of a trained professional, such as a psychologist, nurse, or physiotherapist. Then it can be done without help. The systematic training and repetition can be beneficial. However, it is worth emphasizing that a small proportion of people may experience relaxation-induced anxiety, when relaxation exercises do not reduce tension and, conversely, increase anxiety even more.

For Cystic Fibrosis patients, relaxation training can be very helpful in times of stress and anxiety, including during long-term hospitalizations.