

TÉCNICAS DE RELAJACIÓN



Las técnicas de relajación en el estudio son un recurso y apoyo importante para las personas estudiantes ante situaciones de estrés y ansiedad, con el fin de disminuir la tensión física y mental.

LA RESPIRACIÓN

La respiración lenta, profunda, pausada y controlada durante las inspiraciones y expiraciones, es una técnica fácil de enseñar y aplicar en diferentes contextos



RELAJACIÓN MUSCULAR PROGRESIVA DE JACOBSON

La relajación muscular progresiva tiene como objetivo relajar diferentes músculos del cuerpo, desde las piernas hasta la cabeza.

IMAGINACIÓN O VISUALIZACIÓN

La visualización consiste en crear una escena, imagen o lugar que transmita calma, imaginando todos los detalles y sensaciones que esa imagen transmite.



MEDITACIÓN

La meditación es un proceso a través del cual conseguir despejar la mente de pensamientos y preocupaciones llegando a una relajación profunda.



YOGA

El yoga es una actividad física en la que se acompañan movimientos y posturas con una respiración controlada.



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Tecnicas De Relajacion

Thomas R. Baechle, Roger W. Earle



Técnicas De Relajacion:

TÉCNICAS DE RELAJACIÓN Rosemary A. Payne, 2005-08-22 La palabra relajación se usa en este libro de dos maneras primero en un sentido general donde significa un estado global de reposo y segundo como una técnica como la relajación progresiva. Puede afirmarse que la relajación tiene tres objetivos: 1 Como medida de prevención para proteger órganos del cuerpo de un desgaste innecesario especialmente los órganos implicados en las enfermedades relacionadas con el estrés. 2 Como tratamiento para aliviar el estrés en condiciones como la hipertensión idiopática, el dolor de cabeza debido a la tensión, el insomnio, el asma, etc. 3 Como una técnica para poder hacer frente a las dificultades para calmar la mente y permitir que el pensamiento sea más claro y eficaz. Empezando con el análisis de algunas de las teorías que envuelven el estrés y la relajación, este libro reúne en un solo volumen dieciocho de los métodos de relajación más comúnmente usados para pasar a considerar a continuación una diversidad de técnicas prácticas. Unos capítulos tratan de técnicas específicas, otros están dedicados a técnicas físicas o psicológicas. Asimismo se plantea la relajación en el contexto prenatal y para acabar veremos la relación entre los propios enfoques, algunos modos en que puede combinarse y una breve referencia a enfoques que no se incluyen todo ello dirigido sobre todo a profesionales de la asistencia sanitaria, terapeutas, fisioterapeutas, asistentes sociales. Las diversas técnicas que presenta el libro están reforzadas por 350 referencias, dibujos y 56 fotografías, además de guiones y programas. La autora Rosemary A. Payne es terapeuta con una amplia experiencia clínica. KINESIOLOGÍA Y ANATOMÍA APLICADA A LA ACTIVIDAD FÍSICA (Color) Jarmo Ahonen, 2001-09-27 El conocimiento de los procesos fisiológicos es condición necesaria para estructurar un entrenamiento de forma razonable y conducirlo con éxito. Nos referimos con ello tanto al deporte de élite al deporte practicado en el tiempo libre como a la fisioterapia. La presente obra combina perfectamente los importantes fundamentos teóricos sobre anatomía y fisiología con las normas prácticas a seguir en el entrenamiento, el cuidado muscular y los tratamientos de lesiones. Incluso las complicadas relaciones biomecánicas son de fácil comprensión en su presentación y son explicadas con ayuda de numerosas ilustraciones. Además de los programas de entrenamiento y ejercicios se tratan en detalle el estiramiento muscular, los ejercicios musculares más efectivos y el cuidado muscular, la terapia física, el control psicológico, así como también se dan consejos sobre cómo alimentarse para conseguir un buen rendimiento. Debe mencionarse especialmente el capítulo dedicado a las lesiones y a los peligros en caso de entrenamiento excesivo u erróneo. Las cinco partes en que está dividida la obra: Anatomía general, Fisiología deportiva, Asesoramiento para el entrenamiento, Anatomía deportiva y Postura y movimiento están ilustradas con 442 dibujos, fotografías, 44 láminas en color y 21 cuadros sinópticos que facilitan al lector la comprensión de unas ideas básicas cercanas a la práctica y al mismo tiempo le proporcionan conocimientos sobre los fundamentos y las causas de la aparición de errores en el desarrollo de los movimientos. *Técnicas de relajación creativa y emocional* 2.ª edición PINTANEL BASSETS, MONICA, 2017-01-01 Este libro va dirigido tanto a aquellas personas del público general que están experimentando o hayan experimentado alguna vez estrés, ansiedad o depresi

n como a profesionales de la salud y la educaci n psic logos m dicos enfermeros profesores maestros fisioterapeutas y miembros del sector empresarial Adem s los ni os tambi n pueden practicar los ejercicios propuestos en l En esta segunda edici n prologada por B rbara Tovar psic loga del programa televisivo Hermano Mayor de la cadena Cuatro y colaboradora de la autora en cuestiones de estr s se incluyen como novedad dos apartados muy interesantes uno dedicado a la relajaci n acu tica en flotaci n apta para todo tipo de personas especialmente deportistas y otro centrado en la meditaci n como pr ctica de aprendizaje del mindfulness INCLUYE UN ANTIFAZ EN EL INTERIOR Estructurada en cuatro cap tulos la obra desarrolla los siguientes contenidos relajaci n creativa y emocional cambios personales derivados de su pr ctica m s de treinta ejercicios y actividades de relajaci n creativa y emocional y programaciones y planificaciones de la pr ctica de la relajaci n creativa y emocional Las m s de treinta t cnicas propuestas siguen el mismo patr n did ctico prop sitios condiciones de aplicaci n variables psicol gicas relacionadas instrucciones valoraci n del estado de relajaci n efectos y bibliograf a recomendada Algunas se acompa an de fotograf as para una mejor pr ctica de la actividad A su vez los ejercicios de relajaci n creativa y emocional abarcan lo siguiente conciencia corporal respiraci n creatividad contemplaci n relajaci n profunda creativa m sica masaje relajaci n en el agua y mindfulness En la experiencia de la autora despu s de unas semanas de pr ctica de estos ejercicios se experimentar mayor calma m s serenidad y un mejor humor Finalmente la obra concluye con un cap tulo dedicado a programaciones de cursos antiestr s para empresas tanto para mejorar la habilidad de hablar en p blico como para prevenir riesgos laborales y para personas que padecen estr s

Manual de Fisioterapia. Modulo i Ebook,2004-11-05

Fisioterapia Analítica de la Articulación de la Cadera Raymond Sohier,Margarita Company Bauzá,2009-04-20 El extraordinario potencial terap utico de la fisioterapia anal tica seg n el concepto Sohier en las distintas patolog as de la cadera es un hecho demostrado en diversos estudios basados en la evidencia cient fica La idea de que las fuerzas deciden la forma sea y no al contrario y la eficacia de las maniobras exploratorias y de tratamiento para la articulaci n coxofemoral o la prevenci n de la artrosis a trav s de la armon a articular han quedado ampliamente demostradas en miles de pacientes tratados con xito Las actividades articulares musculares legamentosas y funcionales que proporciona la fisioterapia de la cadera s lo ser n adecuadas si consiguen influir en la articulaci n de manera que asegure la forma te rica articular De ello puede deducirse que la funci n no es necesariamente proporcional a la concordancia articular La idea esencial aqu representada es la de la correlaci n entre las fuerzas que solicita la articulaci n de la cadera y los equilibrios biol gicos de renovaci n celular de las estructuras osteoarticulares es decir la correlaci n entre la forma y la funci n

Relájate (+DVD) Carme Llimargas,2011-05 Sencillas herramientas de relajaci n como terapia alternativa para combatir el estr s y para lograr el bienestar y el equilibrio emocional

Entrenamiento Psicológico en Vela Jordi Renom Pinsach,Josep Anton Violán Corominas,2002-05 Con esta obra el regatista aprenderaa a entrenar algunas de las principales habilidades psicologicas que intervienen en su rendimiento deportivo

Relajación creativa David de Prado Díez,Martina Charaf

Paolantonio,2000 La Biblioteca Tematica del Deporte es un instrumento de informacion complemento y soporte para el conocimiento y desarrollo de la actividad fisica y el deporte Esta orientada a resolver de forma didactica y con mucha ilustracion ademas con paginas en color los principales temas que se abordan en la educacion fisica y el deporte Gracias a su presentacion didactica a la sencillez del lenguaje y a la rigurosidad de su contenido dispone de una versatilidad que permite su utilizacion tanto como un instrumento de caracter divulgativo como tecnico Sus graficos dibujos y fotografias le anaden un mayor grado de vistosidad Como biblioteca basica debe estar presente en las bibliotecas de todos los centros escolares y de formacion de profesores y tecnicos Como libros independientes constituyen obras con entidad propia validas para el publico en general asi como para expertos en diferentes ambitos de la actividad fisica y el deporte *Principios del entrenamiento de la fuerza y del acondicionamiento físico* Thomas R. Baechle,Roger W. Earle,2007 El principal objetivo de los profesionales relacionados con la preparaci n f sica y la medicina del deporte como los m dicos los entrenadores personales los fisioterapeutas los preparadores f sicos y los investigadores es ayudar a los deportistas a alcanzar su m ximo potencial sin sufrir lesiones Para ello Principios del Entrenamiento de la Fuerza y del Acondicionamiento F sico presenta contenidos actualizados con los puntos de vista de expertos en anatom a bioqu mica biomec nica endocrinolog a nutrici n fisiolog a del ejercicio psicolog a y otras ciencias que contribuyen al desarrollo de programas de entrenamiento seguros y eficaces Sus aspectos m s destacados son Incorpora los resultados de las ltimas investigaciones surgidas de las diferentes ciencias relacionadas con el rendimiento deportivo Sus autores y revisores son profesionales reconocidos y respetados en todo el mundo Cada cap tulo incluye objetivos palabras clave preguntas de comprensi n recuadros de aplicaci n pr ctica y una amplia bibliograf a Pone nfasis especial en temas como las diferencias en el entrenamiento de la fuerza en funci n del sexo y la edad la aplicaci n de los principios y las directrices del entrenamiento de la fuerza y la prescripci n y el desarrollo del entrenamiento aer bico Integra en un ejemplo pr ctico para tres deportes diferentes cada una de las variables que deben tenerse en cuenta en el dise o del programa de entrenamiento El texto se complementa con gran cantidad de fotograf as y gr ficos en color Es el libro b sico para los profesionales que preparan el examen de certificaci n Certified Strengteh and Conditioning Specialist CSCS de la Nacional Stregth and Conditioning Association NCSA adem s de ser un texto muy til para quienes desean obtener el certificado de entrenador personal Certified Personal Trainer de la NCSA **Manual del trastorno bipolar** Wes Burgess,2006

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