



**Develop Your
Creativity**

MUSICAL RELAXATION AS A METHOD OF COPING WITH STRESS FOR ADULTS

SCENARIO IV



**Co-funded by
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PARTNERS:



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I GENERAL INFORMATION



Duration of the workshop:

6 hours

Workshop recipients:

The recipients of the workshops are adults aged 50+ who are members of Senior Clubs, libraries, community centers, thematic circles or other places associating senior people. The scenario can be used by seniors, who often have barriers in creating creative forms of communication, experience levels of stress and all people related to adult education.

Number of participants:

Workshop group for 10 people of any gender. You can also conduct the workshop in a smaller group of at least 6 people, depending on the premise's conditions, but no more than 14 people.

Suggested work methods/techniques:

- Talk
- Presentation
- Practical exercises
- Explanation
- Observation,
- Discussion
- Relaxation techniques
- Imagination techniques.

GENERAL INFORMATION

Materials used during the workshop:

- Internet
- Laptop/PC
- Speakers
- Projector
- Yoga Matt
- Bongos/drums
- Felt tip pens.



Aim of the workshop

Information for the workshop leader

After the workshop the participant:

- Knows different forms of relaxation
- Understands the term 'relaxation'
- Understands the term 'music therapy'
- Can perform different relaxation techniques
- Knows different types of meditation
- Understands how meditation reduces stress
- Understands how music therapy reduces stress
- Reduces their own muscle tension through practical exercises
- Can manage their stress levels through practical exercises
- Strengths their fine and gross motor skills.

Competencies gained by the participant:

- Management of own emotions
- Ability to decrease their own stress levels
- Imagination
- Creativity
- Ability to enter a peer group and build relations with others
- Develops their social skills
- Self-regulation
- Increased self-confidence
- Increased competences in dealing with stress
- Increased competences in management of their own emotions
- Enhanced communication skills.

II INTRODUCTION

Introduction of the workshop leader/s (10 min):

The leader introduces themselves to the workshop participants and says:

- Their full name
- Interests/hobbies
- Professional experience.



Establishing group rules (15 min)

The leader distributes two sticky notes to the participants and asks participants to write on one of them what rules they propose for the workshops to ensure a nice and safe atmosphere.

Discuss the participants responses and agree on the rules the group will follow during the workshop.



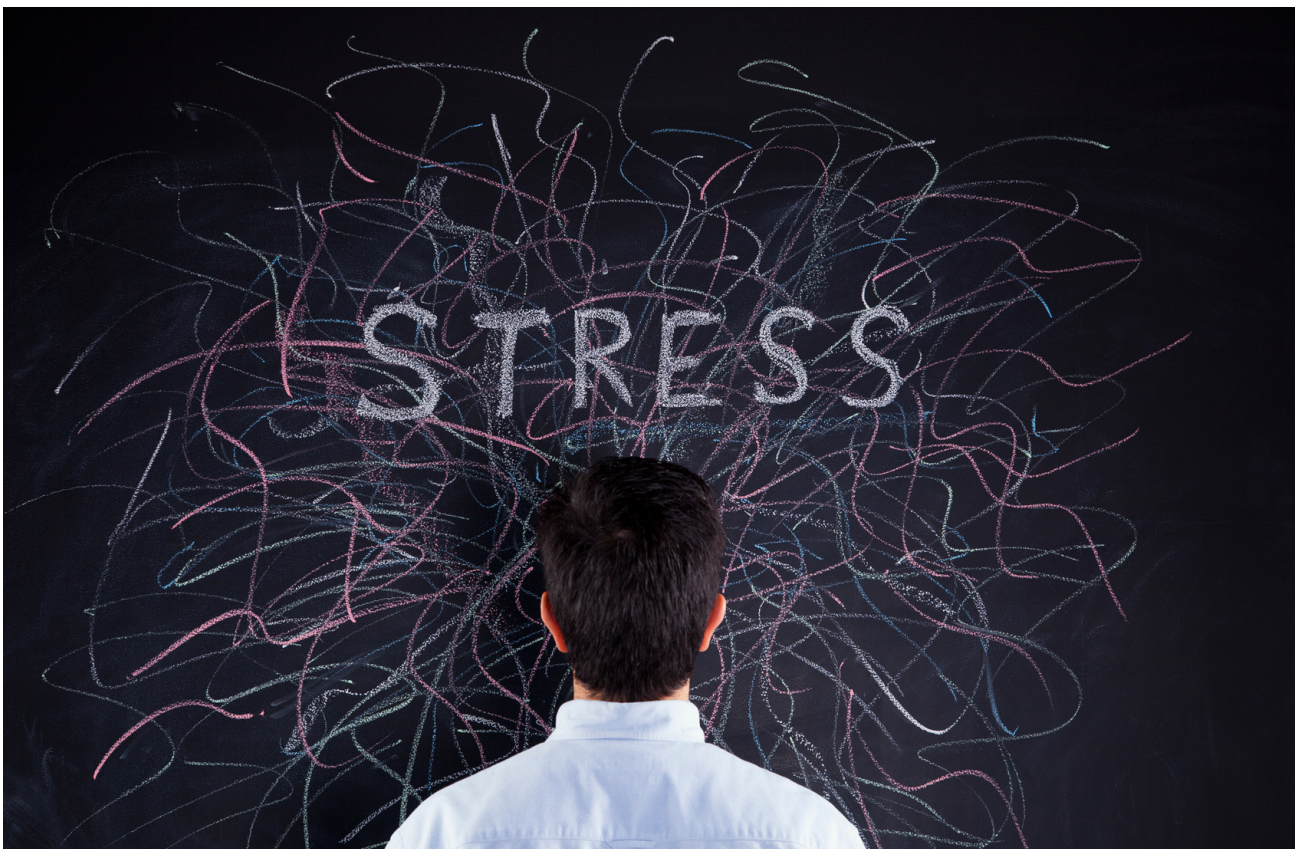
III. MERITS

Part 1.

Introduction to the topic

The main goal is to strengthen the competences of adults aged 50+ in the field of relaxation and coping with stress through the use of music. Coping with stress is a vital skill in today's world and with the beginning of COVID-19 pandemic, older adults have experienced social immobilisation and their stress levels grew. The restrictions related to the COVID-19 pandemic have limited the functioning of the entire society.

It is important to entice imagination, creativity and further increase the social skills of seniors after the pandemic to help them regain confidence and gain the ability to manage stress they may experience in everyday situations. Musical therapy and methods related to it are a great and fun way to bring people together again and promote healthy living and manage stress levels.



Stress

The workshop leader explains to the participants what stress is and gives general information and definitions tied to the topic.

We ask questions:

- Do you know what stress is?
- Do you know different types of stress?
- Do you know when we can experience stress?

The leader summarises the discussion.

The leader listens to the listeners' answers, then summarises:

When we feel pressured or threatened, we respond by becoming stressed. It typically occurs when we are in a vulnerable position that we don't feel we have any control over.

We can experience stress as:

- An individual person, for instance, when they are having trouble managing their many commitments.
- Part of a group, for example, if your family is going through a challenging moment like death or financial difficulties
- A member of a community for example being part of a discriminated-against religious group.
- A member of society for example when natural catastrophes or situations like the coronavirus epidemic occur.

Stress is experienced differently by each individual even if they may be going through the same life event. Everyone will cope with stress differently.



Acute stress:

Chronic stress:

[illegible]

Musical relaxation

The workshop leader explains to the participants what musical relaxation is and gives general information and definitions tied to the topic.

We ask questions:

- Do you know what musical relaxation is?
- What can musical relaxation be use for?
- Can you name benefits of musical relaxation?

The leader summarises the discussion.

The leader listens to the listeners' answers, then summarises:

Musical relaxation is one of many great ways to manage your stress levels in your daily life.

Everyone has the power to respond to music, and musical relaxation makes use of this potential to promote beneficial changes in emotional wellness and communication. It can aid in the growth and facilitation of interpersonal and communication skills, as well as the enhancement of independence, self-assurance, self-awareness, focus and attention abilities.

Due to the special qualities of musical relaxation, it has the potential to be extremely important in preserving the health and wellness of our society going forward.

Music has demonstrated that it can make a significant contribution in a number of priority areas of public health, care, and social wellbeing, including maximising opportunities for vulnerable adults, enhancing adult mental wellbeing, and providing care for the increasing number of people suffering from dementia.



Musical relaxation has the following benefits for the participants:

1. Reduces anxiety and stress
2. Can help manage Dementia, Alzheimer's disease and Parkinson's disease
3. It improves the nervous system in the elderly
4. Reduces depression symptoms in the elderly
5. Improves communication and self-expression



Meditation

The workshop leader explains to the participants what meditation is and gives general information and definitions tied to the topic.

We ask questions:

- Do you know what meditation is?
- Can you name a type of meditation?
- Can you name benefits of meditation?

The leader summarises the discussion.

The leader listens to the listeners' answers, then summarises:

Meditation is a practise in which someone utilises a method to train their attention and awareness and reach a cognitively clear, emotionally tranquil, and stable state. Examples of such methods include mindfulness or concentrating the mind on a certain object, topic, or activity.

The meditation practises that are most popular include:

- Meditation on kindness
- Meditative mantras
- Consciousness training
- Exercise meditation (Yoga)
- Prayerful contemplation
- Transcendental prayer



These many types of meditation are all beneficial for your mental wellness. The appropriate practise for your lifestyle will depend on your requirements and personality because these disciplines demand various abilities and perspectives.



Meditation can have the following benefits for seniors:



1. Strengthens Immune System

There is some evidence, according to a National Academy of Sciences research, that meditation helps strengthen the immune system. Meditation tends to inhibit harmful bodily processes while increasing cortisol levels, which support the immune system's operation.

2. Improves memory

At any age, having a good memory is crucial, but as you age, you could become more conscious of it. Although occasional memory lapses are totally common for ageing folks, they can be upsetting. One of the best ways to keep your independence as you age is to improve your memory. Because meditation boosts blood flow to the parts of the brain responsible for sustained attention and executive functioning, it may help improve your memory.

3. Helps decrease chronic pain

While attempting to manage your everyday life, mild pain might make you feel uncomfortable and agitated, and severe pain can make it difficult for you to take care of yourself. Seniors are very concerned about pain management, yet many of them are reluctant to take painkillers or undertake other treatments that have severe negative effects. While meditation doesn't address the underlying issue causing your pain, it could assist to lessen how painful you feel.

4. Improves balance, flexibility, and strength

Better balance and movement can result from slow, deliberate movements during meditation and particularly during yoga positions, which can also assist prevent falls. Seniors most commonly get injuries from falls, but yoga can help them improve their balance and strength to prevent them.

5. Helps decreases blood pressure

Studies suggest that meditation may be beneficial for those with high blood pressure. The majority of people with moderate hypertension saw these advantages. According to studies, relaxing methods and mild exercise are good for the heart and cardiovascular system.

Mini lecture: Music Therapy

Music therapy is a social process in which the therapist employs music and all of its components to aid patients to enhance, regain, or maintain health. The American Music Therapy Association, the biggest music therapy organisation in the world, dates music back to 1789.

After World Wars I and II, the field of music therapy began to take off (The American Music Therapy Association, n.d.). At veterans' hospitals, both amateur and professional musicians performed for the patients who had experienced psychological and physical injuries (The American Music Therapy Association, n.d.). The physicians and nurses asked for the musicians' services after noticing how the music affected the patients' physical and emotional reactions. When it became clear that hospital musicians needed training before performing, music therapy education had its start (The American Music Therapy Association, n.d.).

Music therapy gives the brain a wonderful workout and has grown in popularity. Our emotions and memories are so closely entwined, music may evoke both happy and unpleasant memories from the past. As music therapy improves mood and therefore levels of overall pleasure, tapping into fond memories is a crucial component.

The receptive method used in music therapy is often used in the treatment of anxiety, depression and cognitive disorders as it relaxes the body.





Neurologic Music Therapy (NMT) uses is based on neuroscience and was created with consideration for how people perceive and create music, as well as how it affects how they think and behave.

In order to trigger brain alterations that have an impact on the patient, NMT manipulates the variety within the brain both with and without music. This kind of music therapy alters and grows the brain through musical interaction. This has effects on how to develop motor behaviours like tapping your foot to music. Motor skills may be developed with the use of NMT.

There are various different music therapy techniques which include:

- Drumming
- Listening to live or recorded music
- Relaxation techniques
- Deep breathing relaxation
- Singing
- Playing instruments
- Writing song lyrics
- Learning to play an instrument
- Creating art with music
- Dancing to live or recorded music
- Discussing one's emotional reaction or meaning attached to a particular song or improvisation.

Benefits of music therapy for seniors

Seniors' emotional, physical, and cognitive health have been demonstrated to improve with music therapy exercises. Different facilities for example senior clubs, community centres and retirement homes provide music therapy sessions to assist seniors in coping with everyday problems including stress, depression, and memory loss.

Among the numerous advantages of music therapy are:

- Speech skills

Seniors who engage in music therapy can talk more clearly and make better judgments. People who suffer with dementia exhibit a slower deterioration of language and speech impairment. Music therapists can use musical vocalisation to retrain those who have difficulty speaking. Since music engages brain regions associated with communication, it helps to enhance speech.

- Memory enhancement

A senior's memory can be improved with music therapy since it helps to process memories and keeps them active. Petr Janata, a cognitive neuroscientist at the University of California, claims that nostalgia and other life-affirming feelings and ideas may be expressed through music. According to him, people with Alzheimer's disease are still extremely receptive to music from their past.

- Physical skills

Keeping time to the beat and rhythm of a song increases coordination and stamina. Even simple actions like clapping encourages activity and blood flow.

- Stress reduction

The power of music to reduce stress. A McGill University research team found that music might help people feel less stressed and anxious. More than 400 academic articles on the neurochemistry of music were examined by the researchers.

Researchers discovered that patients' immune systems performed better, and their stress levels were lower when they were listening to music. Additionally, studies have shown that listening to music prior to surgery might help patients feel less anxious.





- Healing and recovery

In certain instances, music might be more beneficial than conventional treatments. A group of Finnish stroke patients exhibited improvement after listening to music for a few hours each day while healing, according to researchers at the University of Helsinki. Improvements were seen in the survivors' verbal and auditory memory, concentration, and mood.

These stroke patients recovered their language abilities significantly more quickly than stroke patients who listened to audiobooks or did nothing at all. Additionally, this group was less likely to have frequent post-stroke side symptoms including confusion or depression.

Music may help those who have undergone surgery feel less pain and anxious, according to a different study from Brunel University in the UK. The study's findings showed that those who listened to music following their surgery experienced less pain and anxiety than people who did not. Additionally, they were less likely to require painkillers.

Sources:

- *Soundscape Music Therapy. Music Therapy Methods. Retrieved from <https://soundscapemusictherapy.com/music-therapy-methods/>*
- *The American Music Therapy Association <https://www.musictherapy.org/>*
- *Therapedia. Music Therapy. Retrieved from <https://www.theravive/therapedia/music-therapy>*

Below you will find work cards and exercises to use as part of the practical element of the workshop.

PART II

WORK CARDS 1

MUSIC BINGO

The workshop leader hands out the bingo cards and felt tip pens to the participants and plays the songs contained on the cards.

First the participants play for a FULL LINE. The line can be horizontal or vertical but cannot go across.

Songs on the card need to be crossed out in a full horizontal or vertical line and the first person to shout BINGO! wins the round.

Once there is a winner, the participants play for FULL HOUSE.

All of the songs on the card need to be crossed out and the first person to shout BINGO! wins the round.

Easy Level: Once the song is played, the leader says the song title and singer

Hard Level: Let the participants guess what song you are playing so that they cross out the titles and singers without your help.

You can find the links to the songs below:

<https://www.youtube.com/watch?v=ntG50eXbBtc>
<https://www.youtube.com/watch?v=HgZGwKwLmgM>
<https://www.youtube.com/watch?v=CilkBT-HFOA>
<https://www.youtube.com/watch?v=sOnqjkJTMaA>
<https://www.youtube.com/watch?v=V0PisGe66mY>
<https://www.youtube.com/watch?v=plgZ7gMze7A>
<https://www.youtube.com/watch?v=E8gmARGvPII>
<https://www.youtube.com/watch?v=unfzfe8f9NI>

You can find the Bingo cards below:

WORK CARDS 1

CARDS BINGO

"Gold" Spandau Ballet	"Don't stop me now" Queen	"Eye of the tiger" Rocky
"Thriller" Michael Jackson	"Asereje" Las Ketchup	"Wake me up before you go-go" Wham!
"Last Christmas" Wham!	"Dancing Queen" Abba	"Stayin alive" Bee Gees

"Asereje" Las Ketchup	"Don't stop me now" Queen	"Last Christmas" Wham!
"Thriller" Michael Jackson	"Stayin alive" Bee Gees	"Wake me up before you go-go" Wham!
"Eye of the tiger" Rocky	"Dancing Queen" Abba	"Gold" Spandau Ballet

CARDS BINGO cd.1

"Asereje" Las Ketchup	"Thriller" Michael Jackson	"Last Christmas" Wham!
"Don't stop me now" Queen	"Stayin alive" Bee Gees	"Wake me up before you go-go" Wham!
"Dancing Queen" Abba	"Eye of the tiger" Rocky	"Gold" Spandau Ballet

"Asereje" Las Ketchup	"Don't stop me now" Queen	"Wake me up before you go-go" Wham!
"Thriller" Michael Jackson	"Gold" Spandau Ballet	"Last Christmas" Wham!
"Dancing Queen" Abba	"Eye of the tiger" Rocky	"Stayin alive" Bee Gees

CARDS BINGO cd.2

"Last Christmas"Wham!	"Gold"Spandau Ballet	"Wake me up before you go-go"Wham!
"Thriller"Michael Jackson	"Dancing Queen"Abba	"Asereje"Las Ketchup
"Don't stop me now"Queen	"Eye of the tiger"Rocky	"Stayin alive"Bee Gees

"Last Christmas"Wham!	"Gold"Spandau Ballet	"Wake me up before you go-go"Wham!
"Thriller"Michael Jackson	"Dancing Queen"Abba	"Asereje"Las Ketchup
"Don't stop me now"Queen	"Eye of the tiger"Rocky	"Stayin alive"Bee Gees

CARDS BINGO cd.3

"Last Christmas"Wham!	"Gold"Spandau Ballet	"Dancing Queen"Abba
"Thriller"Michael Jackson	"Stayin alive"Bee Gees	"Don't stop me now"Queen
"Asereje"Las Ketchup	"Eye of the tiger"Rocky	"Wake me up before you go-go"Wham!

"Don't stop me now"Queen	"Gold"Spandau Ballet	"Dancing Queen"Abba
"Stayin alive"Bee Gees	"Last Christmas"Wham!	"Thriller"Michael Jackson
"Asereje"Las Ketchup	"Eye of the tiger"Rocky	"Wake me up before you go-go"Wham!

CARDS BINGO cd.4

"Don't stop me now"Queen	"Wake me up before you go-go"Wham!	"Stayin alive"Bee Gees
"Dancing Queen"Abba	"Gold"Spandau Ballet	"Thriller"Michael Jackson
"Asereje"Las Ketchup	"Eye of the tiger"Rocky	"Last Christmas"Wham!

"Don't stop me now"Queen	"Eye of the tiger"Rocky	"Stayin alive"Bee Gees
"Thriller"Michael Jackson	"Gold"Spandau Ballet	"Dancing Queen"Abba
"Last Christmas"Wham!	"Wake me up before you go-go"Wham!	"Asereje"Las Ketchup

CARDS BINGO cd.5

"Gold"Spandau Ballet	"Asereje"Las Ketchup	"Last Christmas"Wham!
"Thriller"Michael Jackson	"Dancing Queen"Abba	"Don't stop me now"Queen
"Stayin alive"Bee Gees	"Wake me up before you go-go"Wham!	"Eye of the tiger"Rocky

"Gold"Spandau Ballet	"Asereje"Las Ketchup	"Last Christmas"Wham!
"Stayin alive"Bee Gees	"Don't stop me now"Queen	"Wake me up before you go-go"Wham!
"Eye of the tiger"Rocky	"Dancing Queen"Abba	"Thriller"Michael Jackson

CARDS BINGO cd.6

"Gold"Spandau Ballet	"Asereje"Las Ketchup	"Last Christmas"Wham!
"Stayin alive"Bee Gees	"Don't stop me now"Queen	"Wake me up before you go-go"Wham!
"Eye of the tiger"Rocky	"Dancing Queen"Abba	"Thriller"Michael Jackson

"Dancing Queen"Abba	"Asereje"Las Ketchup	"Wake me up before you go-go"Wham!
"Stayin alive"Bee Gees	"Thriller"Michael Jackson	"Eye of the tiger"Rocky
"Last Christmas"Wham!	"Gold"Spandau Ballet	"Don't stop me now"Queen

WORK CARD 2

BONGOS BONGO

For this exercise each participant will need a bongo or a different type of drum that can be easily accessed.

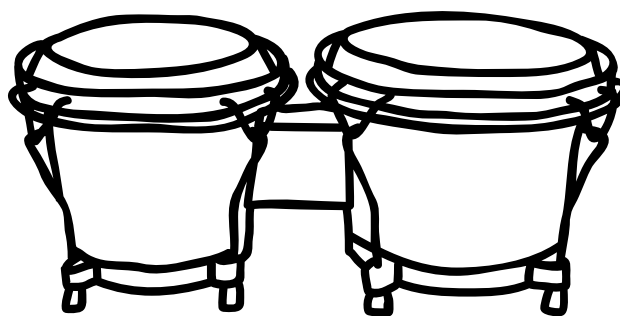
The participants sit in a circle and the leader explains the game:

The chosen person in the circle starts by drumming their beat, the person to the left of them drums the beat back and adds their own beat.

The game continues by each participant trying to remember the previous persons beat and adding their own.

In the end, the last participant should drum back all of the beats of the participants that went before them and add their own finishing touch.

The game aims to improve memory skills and add a fun element to it. Do not worry if you get it wrong, just simply continue.



WORK CARD 3

POSITIVE AFFIRMATIONS

Affirmations are words that we use for encouragement and emotional support. It is the idea that words create reality and help us in bettering ourselves.

An example affirmation: I am confident

Now write down 5 affirmations for yourself:

- 1.
- 2.
- 3.
- 4.
- 5.



Musical Word Search

Y Q E C F G M C H Z F D A D D
T M W G P K P Y L T X C U R F
V V L Q L E I Q Y C K O T U N
G U I T A R M J I X O N F M F
I J B A C I A C V M E F H S R
S Q K F A W G M M R X I J K I
C W X F L M I U E E E D X A E
X V G I M F N S D L R E R V N
M A U R X B A I I A C N O W D
R O T M J S T C T X I C Q V S
A Q Z A U B I I A A S E R B T
G N M T M Y O O T T E U S T R
O F B I A L N A I I B R R R E
B O L O V Z Y D O O B B Y R S
Y R W N C D X T N N M K O X S

Imagination

Meditation

Stress

Friends

Relaxation

Confidence

Guitar

Music

Affirmation

Exercise

Drums

Calm

ANSWER KEY

Musical Word Search



Imagination

Meditation

Stress

Friends

Relaxation

Confidence

Guitar

Music

Affirmation

Exercise

Drums

Calm

WORK CARD 5

Write down 5 things that made you feel comfortable and relaxed.

Explain in what way they make you feel relaxed.

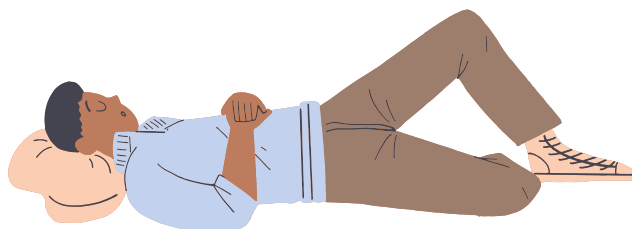
1.

2.

3.

4.

5.



WORK CARD 6

Close your eyes and imagine a place you feel the most relaxed in.

Now describe the place in 5 words:

- 1.
- 2.
- 3.
- 4.
- 5.



WORK CARD 7



WRITE DOWN WAYS IN WHICH YOU RELAX

- 1.
- 2.
- 3.

WHAT TYPE OF MUSIC MAKES YOU FEEL RELAXED?

WHAT IS YOUR FAVOURITE SONG?

WORK CARD 8

Music cobweb.

The leader sits with the group in a circle and holds a ball of wool and says:

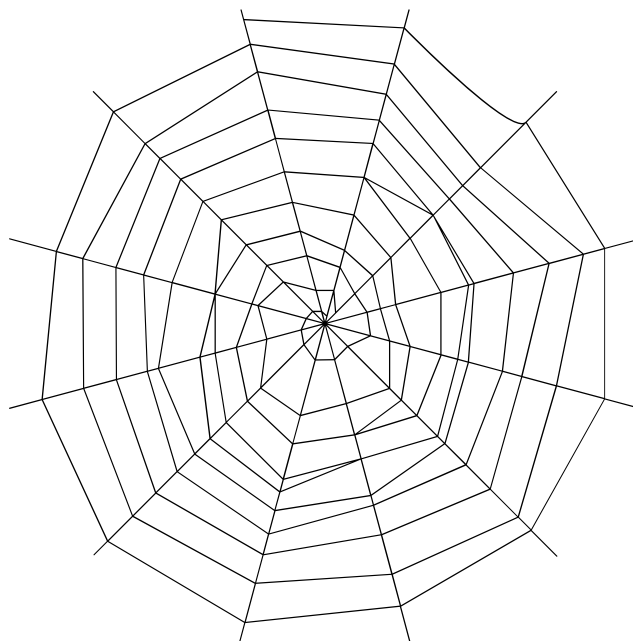
My favourite artist is... the way I like to relax is...

Then, holding the end of the ball, throws it to anyone from Group.

The participant who received the ball says My favourite artist is... the way I like to relax is...and passes the ball onto another participant and so on.

A cobweb will form as a result.

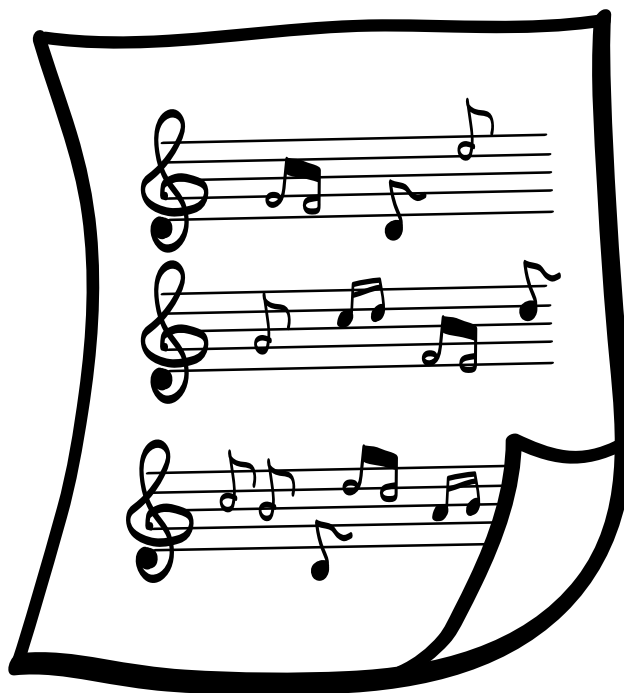
Continue the exercise until the ball of wool returns to the leader.



WORK CARD 9

LET YOUR IMAGINATION ROLL!

CREATE 5 LINES OF LYRICS TO YOUR CHOSEN MUSIC GENRE.



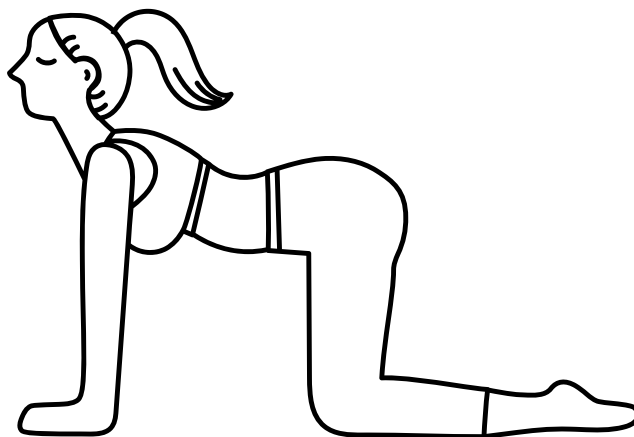
WORK CARD 10

The Cow and Cat

These are two of the most famous asanas and are always done together. They are appreciated for their beneficial effects on the back by helping to stretch the spine and make it more flexible.

Instructions:

- Start from a propped kneeling position with your hands directly under your shoulders and your knees under your hips. Spread your fingers to the sides, this will put your weight on your hands more evenly. If you feel that the ground is too hard, place a blanket under your knees or fold the mat in half. Your neck should form a line with your spine, and your eyes should be on the floor.
- Inhale and pinch your shoulder blades together. Lower your belly down while lifting your head up, be careful not to lower your head too much.
- Then, while exhaling, pull your navel up, lower your head down and round your back as much as possible - like a cat. When performing these asanas, pay attention to the correct positioning of the hands under the arms and the knees under the hips.
- Repeat this transition 5 times to the rhythm of your deep breathing.

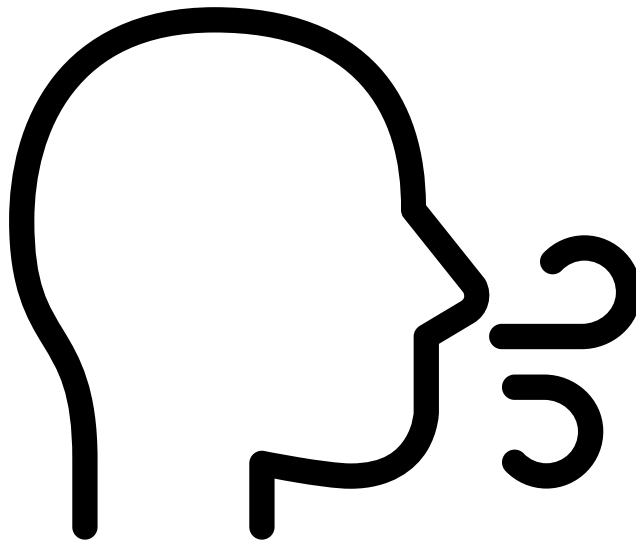


Exercise 1

Breathing exercise

The simplest relaxing exercise in meditation is working on your breathing. Controlling this physiological mechanism is the key to relaxation. Although it seems easy, it requires practice and concentration.

Forgetting the external stimuli, we take deep, intermittent breaths, focusing our attention on them and watching the body relax. The thoughts that arise should be ignored and you should return your focus on the body.



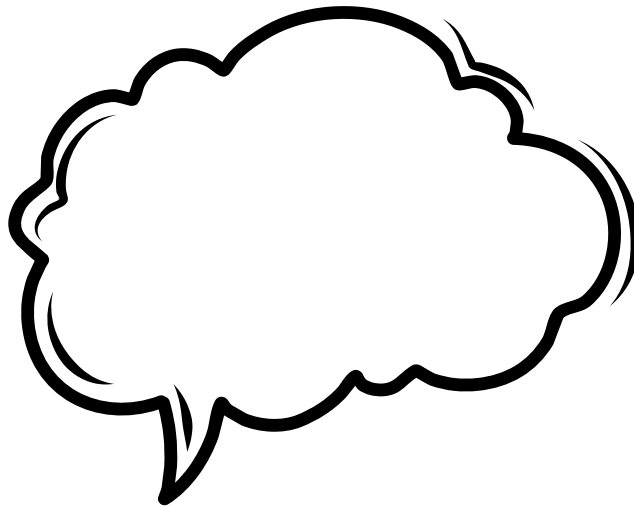
Exercise 2

Objective observation

The previous exercises were used to isolate yourself from thoughts, but this exercise is the opposite. Objective observation allows you to relax your body and allows your thoughts to flow.

You have to concentrate on observing your thoughts without changing them or trying to influence them. Simply give them attention without reflection. It is about looking at thoughts without judging and reacting to them.

Act as if you're just walking past them.



Exercise 3

Meditation at home may also include another simple exercise called Body Scan. This exercise is about taking a comfortable position and controlling your breathing, focusing on different areas of the body and the sensations that come from them.

First you need to clear your mind and then focus on the different muscle groups.

For example, start with your feet and feel them in your thoughts. Then move on to the legs - recognise their weight, heat, shape and follow this way to go through your whole body.



Exercise 4

The exercise involves breathing deeply and imagining that the light around us is changing colours. While doing this, you should focus on the physical sensations that come with each colour.

What do you feel when you are surrounded by each of the colours?

Then imagine that you are surrounded by green light and that you are in complete harmony.



Exercise 5

We often come home from work and feel that our whole body is suffering. The following exercise can be used to relieve pain. It involves sitting or lying on the ground and focusing on the stiffest muscles.

Imagine that there is a knot in one of your tense muscles. It does not allow you to move freely and you must solve it with the strength of your mind.

Pay attention to every segment of the knot as you breathe, and visualise it getting looser and looser. The intertwined fibres will loosen slowly until the knot finally unties.



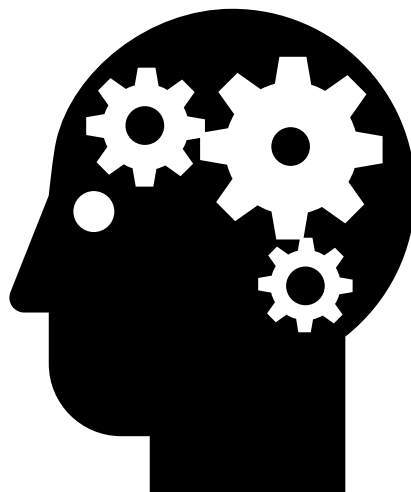
Exercise 6

Has it been a hard day? Many things happened to you. This exercise will help you feel at ease.

Close your eyes, take a deep breath, and think back to the beginning of the day.

Imagine waking up in the morning, eating breakfast, greeting your family ... It's about reliving these thoughts and moments as if they were just happening.

As you recreate each moment as vividly as possible, focus your attention on any painful moment to help your mind break free from it. Then focus on the present moment, here and now.



Exercise 7

This technique is one of the most versatile as it uses two senses: sight and hearing.

Imagine that you are in a quiet, deserted and dark place. You are surrounded by a feeling of peace in this place. After a while, you hear a light and pleasant burst.

This sound was made by a small bubble that appeared right next to you. Immediately after that, you hear another soft explosion on the left. Then one more overhead. Gradually, the bubbles begin to circulate throughout your body with the same intensity and subtlety. With each bubble burst you feel your body loosen up ...



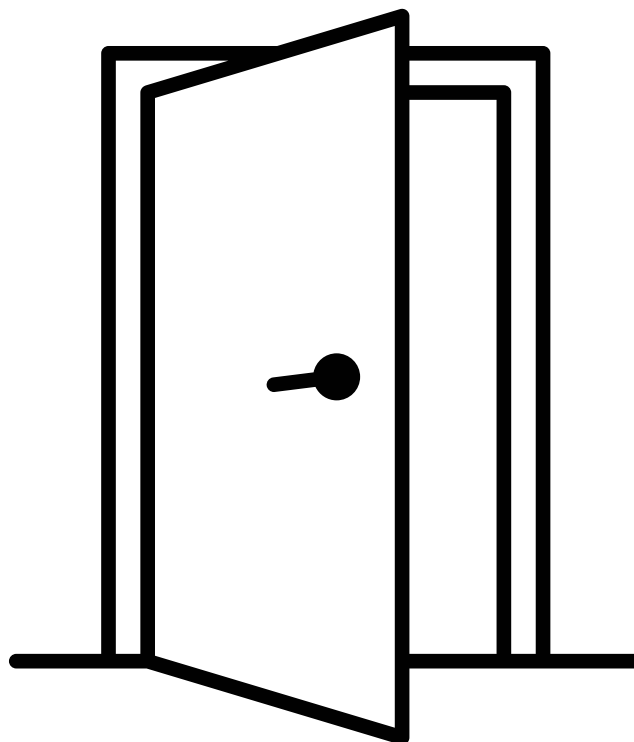
Exercise 8

What hides beyond what we know? What will our future be like? What experiences will we have in a few years? Facing this uncertainty may be easier if you envision a dark, closed room somewhere deep in the woods. Outside, the wind blows, and the animals are hungry. You close your eyes and focus on the feeling you begin to feel. Is it fear? Anxiety? Hold on to it for a few minutes and then slowly let it go.

Now imagine opening the door and finding the way out of the room. You start running towards it and suddenly find yourself in the forest in a similarly disturbing situation as before. What emotions are you feeling?

Once you identify them, you can see a path opening before you. You decide to follow this path and run away until the tension you feel gradually diminishes.

Now you feel safe, calm and comfortable. All that's left for you to do is enjoy this feeling.



Exercise 9

Pose of a stretching puppy (Uttana Shishosana)

- This asana can be done smoothly as; it stretches your spine and relaxes your shoulders.
- Starting with a supported kneel, stretch your arms forward until your forearms touch the ground. The buttocks remain elevated. Your elbows should be approximately in the same place where your hands used to be.
- The legs are bent at 90 degrees, the knees are still exactly under the hips. The forehead touches the mat.
- Breathe in and out deeply, the neck remains an extension of the spine. After about 5 deep breaths, return to your propped kneeling.

Downward Dog Pose (Adho Mukha Svanasana)

- This asana stretches the entire body, especially the back and shoulders. People who perform this pose regularly complain less of suffering with headaches and neck pains.
- From a propped knee position, prep yourself on your toes, breathe in deeply and lift your hips up. Extend your arms and legs if possible. The back remains straight, the neck is an extension of the spine. Your body should take the shape of an inverted V.
- Hold this position for several breaths. You can alternately bend and straighten your legs, thus providing stretching for tendons and ligaments.
- Don't expect your heels to touch the ground. Don't try to force them to be in that position, your flexibility will gradually increase, and you may succeed someday however, this is not crucial when performing this position correctly. The most important thing is that your back and neck form a single line, and as you proceed to this asana, you concentrate on maintaining the rhythm of your breathing.

Exercise 10

Bend forward with the grip of big fingers (Padangushtasana)

- This position strengthens the spirit and stretches the entire body. Thanks to the downward slope, your brain will get a supply of blood and your weight will stretch tendons and ligaments. At the same time, it will provide you with both physical and mental support, thanks to the stable placing of your feet on the mat.
- From the Head-Down Dog Position, walk with your feet towards the center of the mat, take your hands off the mat. When bending, try to grab your big toes. If you fail to do so, touch the tips of your feet or simply wrap your hands around your ankles. The legs should be slightly bent and the back rounded.
- Relax your arms and hands. When you feel your neck relax, try to gently move your head to left and right. Hold this position for 5 breaths.

Mountain Pose (Tadasana)

- Slowly get up. Standing straight, do one or two arm circles and bring your shoulder blades together.
- Place your feet hip-width apart or put them together, gently push the hips (and therefore the pelvis) up and forward. Keep your back straight and do not bend your lumbar spine backwards. The arms should be placed along the torso and the palms point inward. Take a deep breath in and out.
- Then, as you inhale, spread your fingers and raise your arms high above your head, with your feet firmly on the ground, lift your chest and straighten up to your fingertips.
- Look at your hands and take three deep breaths.
- On the last exhalation, slowly lower your arms and put your hands together behind your back. Pick them up behind your body and open your chest.

Exercise 10 cd.

Chair Pose (Utkatasana)

- The chair position belongs to the well-known Sun Salutation, although it looks quite easy, it requires a lot of concentration. Your posture will improve thanks to the correct alignment of the pelvis and spine. Large parts of the muscles in the legs and back will be strengthened.
- Place your legs hip-width apart so that your big toes touch each other, but there is a small gap between your heels. Bend your knees slightly. Push your pelvis slightly downwards so that your tailbone is facing the floor and your lumbar back is still straight. The neck should form one line with the spine and back. If done correctly, you will feel your thigh muscles working. Put your hands up and spread your fingers apart. Press your heels against the mat and hold this position for five breaths. oddechów.

Relaxation

- To carry out the Savasana (or Corpse Pose), you lie on your back, arms and legs straight. Feet point outwards, arms slightly angled to body. Make sure your back is against the mat. Once you feel confident and comfortable in this position, take a few deep breaths in and out. You can stay in this position for up to 15 minutes.

IV CONCLUSION OF THE WORKSHOP [20 min.]

The workshop leader asks the participants to sit in a circle and each answer the question:

- *What did you like the most about today's workshops?*
- *What will you take home with you?*
- *What surprised you the most and caught your attention?*
- *How did the workshops affect you?*
- *What things are you going to change in your life?*

After the participants' discussion, the workshop leader thanks you for participating in the workshop and asks them to fill in the evaluation questionnaire. After taking in the questionnaires, the leader will distribute the certificates.



V EVALUATION QUESTIONNAIRE



MUSICAL RELAXATION AS A METHOD OF COPING WITH STRESS FOR ADULTS

DEAR PARTICIPANT,
WE HOPE THAT YOU'VE FOUND THE WORKSHOPS INTERESTING AND FOUND OUT MANY THINGS.
WE REALLY APPRECIATE RECEIVING FEEDBACK, SO WE WILL BE VERY GRATEFUL FOR THE TIME AND COMPLETION OF THE BELOW QUESTIONNAIRE.

THE QUESTIONNAIRE IS ANONYMOUS.

1. DID THE WORKSHOP ALLOW YOU TO GAIN SKILLS YOU WILL USE IN EVERYDAY LIFE?

YES

NO

MAYBE

2. DID THE WORKSHOP PROVIDE YOU WITH USEFUL TECHNIQUES AND GUIDANCE IN TERMS OF MANAGING STRESS?

YES

NO

MAYBE

3. DID THE WORKSHOP PROVIDE YOU WITH KNOWLEDGE ON MUSICAL RELAXATION?

YES

NO

MAYBE

4. WHICH PART OF THE WORKSHOP DID YOU LIKE THE MOST AND WHY?

.....

.....

5. WOULD YOU LIKE TO TAKE PART IN OTHER WORKSHOPS?

YES

NO

6. IF YES, WHAT WORKSHOP TOPICS WOULD INTEREST YOU?

.....

.....

7. ADDITIONAL COMMENTS

.....

.....

THANK YOU FOR COMPLETING THE QUESTIONNAIRE!



**Develop Your
Creativity**

CERTIFICATE

IT IS CONFIRMED THAT

.....
(FULL NAME)

TOOK PART IN THE WORKSHOP
"MUSICAL RELAXATION AS A METHOD OF COPING WITH
STRESS FOR ADULTS"

DEVELOP YOUR CREATIVITY
ERASMUS PROJECT NO. 2020-1-PL01-KA227-ADU-095783

WORKSHOP LEADER:

DATE:

PLACE:



Współfinansowane przez
Unię Europejską