

Relaxation and Calming Workshop



Contact

For further information on the Relaxation and Calming Workshop please contact:

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Mood Disorders Research & Treatment Service
Providence Care
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Providence Care

is a leading provider of compassionate, non-acute health care, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

Our Vision

Providence Care will lead the way in compassion and discovery.

Our Mission

Trusting in Providence and strengthened by the spirit and tradition of our Founders, the Sisters of Providence of St. Vincent de Paul, we enhance the quality of life by meeting the physical, emotional, social and spiritual needs of each person.

We work with our partners to innovate and excel in education and research.

We treat each person with respect, dignity and compassion.

Our Values

*Respect & Dignity ♦ Compassion
♦ Stewardship*

Providence
Care

www.providencecare.ca

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Relaxation and Calming Workshop



Learn to calm anxious feelings

For clients of the
Adult Treatment and Rehabilitation
Mood Disorders Research &
Treatment Service

Providence
Mental Health
Services site
Care

Relaxation and Calming Workshop

The Relaxation and Calming Workshop provides participants with breathing techniques and information to reduce tension.

Who can attend?

Anyone who receives services from our Mood Disorders Service is welcome to attend.

The Workshop consists of an introductory session and weekly practices.

When is the Workshop?

Introduction

When: Every Monday (Sept. to June except statutory holidays)
1:30 p.m. to 3:15 p.m.

Participants are encouraged to come as often as they wish.

Weekly Practices

When: Every Monday (Sept. to June, except statutory holidays)
2:30 p.m. to 3:15 p.m.

Both sessions take place in the Group Room on the third floor of the Mood Disorders Research & Treatment Service at Mental Health Services.

What will I learn?

While at the Relaxation and Calming Workshop you will learn:

- ◆ The nature of stress
- ◆ The importance of reducing caffeine
- ◆ Portable relaxation techniques which could be used anywhere:
 - Diaphragmatic breathing
 - Sigh breath
 - Grounding techniques
- ◆ Stationary relaxation techniques
 - Passive
 - Progressive
- ◆ To use a cue-controlled relaxation technique to cope with internal (body responses) and external (events or situations) stress cues

What will I receive?

You will receive information to take home that will assist you to continue practicing calming techniques learned at the Relaxation and Calming Workshop:

- ◆ A CD with progressive and passive relaxation scripts
- ◆ A package of printed material

What should I bring?

- ◆ Your glasses, if needed, for some paperwork
- ◆ Wear comfortable clothing that you can relax in

*Learning to relax is a skill:
it takes time
and daily practice.*