

Relaxation Coaching

SPECIFIC TARGETS:

Determination of stress level and learning of simple, immediately implementable strategies for the regulation of stress via respiration

CONTENTS:

- Measurement of the heart rate variability (HRV) during deeper breathing
- Brief consultation with specific recommendations and exercises for stress regulation
- Training of breathing relaxation techniques under biofeedback conditions
- QR-Code: Ergebnisse und Entspannungsübungen digital verfügbar

SPECIFIC REQUIREMENTS:

Ear lobe must be free (remove ear jewellery if necessary before measurement)

TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

ORGANISATION:

Space requirement: $\geq 6 \text{ m}^2$, power socket: 230 V

Please provide 1 table and 2 chairs

Special note: quiet room recommended

PREVENTION PRINCIPLE:
Stress management and resource empowerment



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BACKGROUND:

The heart rate variability provides information on the current **level of stress**. It describes the time interval between heartbeats. With a healthy heart at rest, this interval is not constant but varies slightly with the rhythm of breathing – hence the term „heart rate variability“. In the case of psychological stress (and physical exertion too), this heart rate variability is reduced, meaning that the beating of the heart becomes increasingly uniform. In this way, the stress level can be determined. With **relaxation coaching** this parameter is also used to manage and control respiratory training, which is meant to support immediate relaxation.

PROCESS:

The initial measurement is carried out with a small sensor attached to the ear lobe, which records the heart rate for one minute at a given **respiratory rhythm**. The evaluation is based on the synchronous breathing fluctuations during inhalation and exhalation (called respiratory sinus arrhythmia, RSA.), taking into account **age-specific reference values**. This method is also used for targeted relaxation training, in which participants learn how the heart rate changes with conscious breathing. They can then see online on their screen how relaxation can be initiated in such a simple way (**biofeedback training**).

RESULTS:

Participants are given a colour printout of the test results, their **analysis and interpretation**. In addition to a brief consultation, they are given exercise instructions for **breathing relaxation exercises**, which they can carry out by themselves and independently of specific devices at any time.

