

Exercise sheet

RELAX AND/OR MEDITATE

These two very different methods aim, among other things, to reduce the flow of negative thoughts and relax the body.



	RELAXATION	MÉDITATION
Different methods of practice	Muscular relaxation exercises, breathing exercises, visualisation exercises. Muscle relaxation (Jacobson, Schultz) Breath relaxation (abdominal, coherence), yoga.	Focalisation sur le moment présent, sur son corps, sur sa respiration et son esprit. Religieuse : pratique méditative bouddhiste Non religieuse : méditation de pleine conscience (Mindfulness)
Target	Begins first and foremost with the body. It is only when the body is relaxed, deeply released, that we obtain total mental relaxation.	Passe avant tout par l'esprit La méditation induit un état de relaxation, alors que la relaxation n'induit pas forcément un état de méditation.
Who is it for? For everybody	Anyone wanting to let go and relax. More accessible, easier, especially if the person is exhausted.	Anyone who wants to move towards control of the mind. More energy-consuming, requires some daily discipline.
How? Can be done in all positions	Better lying down to let yourself be guided to the edge of sleep.	Better sitting upright to avoid falling asleep and stay alert.
Alertness, control	Alertness and attention diminish then give way to total rest There is a letting go The unconscious hears, takes what it needs in order to relax even more. Border state: you may almost feel as if you are asleep.	Alertness is maintained, with an active desire to focus on feelings and not thoughts. There is a form of control You no longer listen, you hear You no longer look, you see You stop interpreting, ruminating, comparing.

The verdict? These two approaches are complementary and very beneficial. It is up to you to choose and switch between them according to your needs and motivation, so you can commit to them and practise regularly.