

## Non-pharmacological Pain and Symptom Management

### RELAXATION

RELAXATION – a state or condition of being free from anxiety and muscle tension. Relieves pain by:

- Loosening tense muscles
- Distracting older adult from pain and other symptoms
- Decreasing stress
- Helping to cope

Relaxation techniques include elements of cognitive, psychological, and physical techniques to produce a state of relaxation that can decrease pain. Below the techniques are listed under their primary mode of effectiveness:

COGNITIVE/ PSYCHOLOGICAL	PHYSICAL
Listening to music	Deep breathing
Meditation	Massage
Music and art therapy	Tai chi
Aromatherapy	Yoga
Guided Imagery	Biofeedback
	Healing Touch
	Hydrotherapy (water exercises)

Encourage older adults to use relaxation techniques from various websites, YouTube, and mobile device apps. The use of headphones can be helpful to decrease outside distractions and may help with diminished hearing. Using relaxation techniques often, and during times when pain is present can increase relaxation and decrease pain.

**NOTE:** The clinician should only administer nonpharmacological therapies that are within their scope of practice. Follow the policies and procedures of the organization regarding administration of these therapies.

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#### References (various websites with scripts, music, videos and apps)

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National Center for Complementary and Integrated Health, Relaxation Techniques: What You Need To Know | NCCIH (nih.gov). <https://www.nccih.nih.gov/health/relaxation-techniques-what-you-need-to-know>

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