

5._ THE RELAXATION

What are the benefits to learn relaxation techniques?

As stated in the previous video talking about stress, the brain reacts when confronted with a stressor. As we feel emotions during stress, some parts of the body will stiffen like muscles, stomach, jaw, and so on...

We can deduct that,

- ↳ as under stress the body gets stiff, if we manage to relax the whole body, we will end up relaxing the brain as well.

*This principle is the foundation of all relaxation methods:
to relax the body in order to relax the brain*

It is widely acknowledged that language learning methods, as example, are successful when conducted with a relaxed brain.

The relaxation favours learning capabilities, allowing the brain to increase visualisation and memorisation.

We benefit from it, when used in our mental repetition as well, in our quest for changing mental strategies or behaviours for us sportsmen.



RELAXATION ASSOCIATED WITH VISUALISATION RELATED TO EMOTIONS AND FEELINGS

- can be used to develop a personal quality that we feel the need for, for example: to reach an increased optimal level of relaxation 😊

To this endeavour we will call upon another tool of the mental preparation:

MODELISATION

- comes from NLP
 - ↳ by adopting the behaviour and/or the competency of someone else you know and trust has such qualities;
- Together with your coach you may consider to pick them up for your own good.



Once again, it's easy to find material on the web treating this subject, however let me explain the basics

THE RELAXATION PROCESS

TWO DIFFERENT WAYS TO START :

_ 1 / Either you focus on a certain part of the body and use your will and power to relax it, or you first tense this part of the body and then use your will and power focussing on the body parts to relax.

Sometimes, should you feel extremely tense, in this specific case, you'd better start with some physical exercises to dissipate some energy until you feel tired enough before embarking on your relaxation session.

Note that pilots are very often saturated with brain activity in order to stay constantly alert, it's therefore recommended to do some physical exercises before the relaxation session, and then focus on the relaxation method of your choice.

_ 2 / Another basic technique is to control your breath to relax:

You may have noticed that:

- **When you inhale**, you activate the "sympathetic" side of your brain to "fight" and release energy.
- Conversely **when you exhale**, you activate the "parasympathetic" side of your brain conducive to relaxation and rest.

Accordingly we will mentally concentrate on the exhalation process to reach our desired relaxation state.

*The more you will focus on a body part while concentrating on breathing,
the less you allow the brain to "Wander" in useless thoughts,
that helps a lot to remain focussed on the "PRESENT MOMENT".*

To help to relax, the pre requisites are a quiet room with suitable temperature where you can lie down at least for the first sessions; With possibly a soft music as background, and any other options you may like to make you feel relaxed.

To start this new way of life is like any other learning process :

You will generate new neural connections, and focussed practice will help you develop them.

TOOLS:

Once you start to train mental preparation, you will need some very simple tools to help you improve quickly your competencies.

ONE OF THESE TOOLS IS A SIMPLE QUESTION:

→ WHAT AM I THINKING (or discussing) at the moment?

↳ Is it in line and beneficial for my objectives or not? If not, then, I just need to disregard it and recenter my thinking or my actions on my objectives.

It's helpful from the very beginning of the training as for example my focus may be disrupted by the presence of other people affecting my concentration (as when I participate at a world championship I can have so many distractions diverting me from my objectives).

ANOTHER VALUABLE TOOL IS TO FOCUS ON "ATTENTION AND INTENTION":

→ "WHY?"

- ↳ It helps a lot to analyse our objectives and determine if they are realistic and ecologic in the meaning of being aligned with what we value the most, and to channel all of our energy directed towards this objective.



I will address the definition of what is an objective in another video very soon.



Thanks for watching

and remind you to get a deeper insight, visit us at [Academy Of Aerobatics](#) and [Aero-Safety First](#)

You can find there too, a sample relaxation session to give you an idea of the routine to develop in the quest for this relaxation state.

See you soon for the following video 😊



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