

Chill Drills

Relaxing Your Body and Mind

Transcript of audio presentation by Heidi J. Bauer, MSW, LCSW

Track One. What is a Chill Drill?

Hi. I'm Heidi Bauer. I'm a therapist who specializes in working with service members and their families.

In my practice I help service members from all branches who have come home from deployment with symptoms of stress. In this recording, I'll teach you four simple drills that I have created specifically for these men and women and hopefully you, too.

The drills I've developed help reverse symptoms of stress. They slow your heart rate, lower your blood pressure, and reduce the level of stress hormones in your body. When you do these drills regularly, you'll actually lower your baseline stress level, and that will help you deal better with stress in the future. That's why I recommend -- if possible -- starting these drills before you deploy.

The first drill on this recording is a progressive muscle relaxation, which requires you to tense and release your muscles. The second will help you relax by focusing on different parts of your body. The third will help you relax your back. And the last drill will help you get to sleep. If there is one drill you like best, stick with that one.

These drills are designed to help you let your guard down, so please don't listen to this while you are on duty or in a situation that requires your full attention, such as driving.

Finally, if you're still having trouble managing your stress, or if you need help with anything else, such as issues with relationships, parenting, finances, or reintegrating back home, Military OneSource can help. Military OneSource is a free program that's available to all service members and their families 24/7. You can reach a consultant online at www.MilitaryOneSource.mil or by calling 1-800-342-9647. Military OneSource also provides free, non-medical, solution-focused face to face counseling in your local community.

OK. Let's get comfortable and let's begin.