



Chill out! – Relaxation as a tool for personal
development and therapy (24.10, 25.10, 7.11)
Wyluzuj! - Relaks jako narzędzie rozwoju osobistego i terapii

1. IMPRINT

Academic Year	2026/2027
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Studium Psychologii Zdrowia [Department of Health Psychology] ul. Litewska 14/16, 00-575 Warszawa, Tel. +48 22 116 92 11 zpikm@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Professor Dorota Włodarczyk, MA, PhD
Course coordinator	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Person responsible for syllabus	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Teachers	Magdalena Łazarewicz, MA, PhD (magdalena.lazarewicz@wum.edu.pl)

2. BASIC INFORMATION

Year and semester of studies	I-III year, 1st semester	Number of ECTS credits	2.00
FORMS OF CLASSES			

Contacting hours with academic teacher	Number of hours	ECTS credits calculation
Lecture (L)		
Seminar (S)	30	1.2
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	20	0.8

3. COURSE OBJECTIVES

O1	To broaden students' knowledge on stress and its consequences for health and the meaning of relaxation for human wellbeing.
O2	Development of auto-relaxation skills, ability to conduct relaxation training for others, working with strains, removal of anxiety in adaptive way.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of:

Knowledge – Graduate* knows and understands:

D.W4	the concept of stress, including eustress and distress, and the impact of stress on the aetiopathogenesis and course of somatic diseases and psychiatric disorders, and mechanisms of coping with stress
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Skills– Graduate* is able to:

D.U7	develop and improve self-awareness, self-reflection and self-care, and reflect with others on their own way of communicating and behaving
D.U8	recognise their own emotions and manage them in their relationships with others in order to perform their work effectively despite their own emotional reactions

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the field of:
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Knowledge – Graduate knows and understands:

K1	psychological and physiological basis of relaxation
K2	what biofeedback is and how it may be used in relaxation training
K3	basics of meditation and mindfulness
K4	specificity of relaxation techniques for children

Skills– Graduate is able to:

S1	conduct basic breathing exercises
S2	work with biofeedback
S3	conduct Jacobson's progressive muscle relaxation
S4	conduct passive muscle relaxation
S5	Shultz's autogenic training
S6	conduct visualization and meditation exercises
S7	conduct basics mindfulness exercises

Social Competencies – Graduate is ready for:

SC1	-
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6. CLASSES

Form of class	Class contents	Effects of Learning
S	Class 1. Relaxation: the way to human mind is through his body- Psychological and physiological basis of relaxation, breathing exercises, biofeedback, Jacobson's progressive muscle relaxation, passive muscle relaxation.	D.W4, D.U7, D.U8 K1, K2 S1-S4
S	Class 2. Relaxation: the way to human body is through his mind - Shultz's autogenic training, visualization, meditation and basics of mindfulness. Relaxation techniques for children.	D.U7, D.U8 K3, K4 S5-S7
S	Class 33. Relaxation techniques from around the world – Students presentation on relaxation, visualization, meditation, mindfulness, sports as a way to relax.	D.U7, D.U8 S1-S7

7. LITERATURE

Obligatory

PDF materials provided by the teacher during the course (scripts of specific relaxation techniques)

Supplementary

Davis, M, Robbins-Eshelman E, McKay, M. (2006). *The relaxation & Stress Reduction workbook*. New Harbinger Publications Inc.: Oakland.
 Sood A. (2013). *The Mayo Clinic guide to Stress-Free Living*. Da Capo Press: Boston.
 Sood A. (2015). *The Mayo Clinic handbook for happiness*. Da Capo Press: Boston.
 The above textbooks are available for short rental from the teacher (single copies).

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W4, D.U7, D.U8 K1-K4, S1-S7	Active participation in all discussions and exercises during classes	Minimal acceptable level of performance
S1, S3-S7	Providing a self-prepared recording of a chosen relaxation technique (choice of the script and background music, recording in a proper pace and tone of voice, as practiced in a class and in line with the provided instructions)	Minimal acceptable level of performance
S1-S7	Preparation of a presentation on relaxation, visualization, meditation, mindfulness, handicraft, anima-therapy, sports or other way to relax: power visual presentation e.g. in Power Point (theoretical/cultural background), instruction (demonstration), discussion.	Minimal acceptable level of performance

9. ADDITIONAL INFORMATION

It is a weekend course that takes place on:

- Saturday, October 24, 2026, 10am-5.30pm
- Sunday, October 25, 2026, 10am-5.30pm
- Saturday, November 7, 2026, 10am-5.30pm

All sessions will take place at ul. Litewska 14 room -103 (level "-1").

Attendance: 90% attendance is required. Partial absence (max. 3h teaching hours = 135min) has to be credited with an additional task. Students are expected to come to the class on time and participate actively.

To provide good learning environment for everyone, students are requested to turn off electronic devices that might disturb the class.

Maximum 22 students are accepted to the course.

Contact information to the coordinator of all ED courses run by the Department of Health Psychology:

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The Department of Health Psychology runs the Psychological Students Science Club "Psyche" (in English) (contact information: magdalena.lazarewicz@wum.edu.pl).

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers