

Abstract

This bachelor work is dealing with the question of psychohygiene in school and application of relaxation techniques into the teaching process at elementary schools. Mental hygiene here is primarily focused on the pupils. This work defines several basic terms regarding to the topic, for example: psychohygiene, mental health, relaxation techniques etc.

Primary intention of this work is refer to the necessity to pursue greater attention to the psychohygiene of the pupils since elementary school, due to keeping their mental health in balance, learning how to relax, preventing mental problems, fatigue or exhaustion. Possible symptoms of mental unease of pupils and reasons why it is necessary to care about their mental health are stated in this work. Finally this work offers some relaxation techniques and practices.

Part of this work is also suggestion of several relaxation techniques, which would be usable and suitable at school for integration into the educational process.

Key words

Psychohygiene, mental health, relaxation, relaxation techniques, school, pupil, education process, stress, fear, anxiety, fatigue, ballast