

## USE OF AUTOGENIC RELAXATION METHODS FOR REDUCING BLOOD GLUCOSE LEVELS

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**Background;** *The International Diabetes Federation (IDF) states that diabetes has cost US \$ 673 billion in 2015. The World Health Organization (WHO) states that half of adult diabetes in the world is in 5 countries, namely China, India, the United States, Brazil and Indonesia.* **Purpose;** *The purpose of making this booklet is to explain the use of autogenic relaxation methods to reduce blood glucose levels. With this media, it is hoped that it can be used as a medium for education or health education in the community, especially for people with type II diabetes mellitus so that they can find out and apply autogenic relaxation methods to reduce blood glucose levels.* **Method;** *The method used is to use IEC media, namely the booklet is expected to be a source of information about the use of autogenic relaxation methods to reduce blood glucose levels to increase knowledge.* **Result;** *Booklets will be IPRed at the University of 'Aisyiyah Surakarta and especially for people with type II diabetes mellitus so that they can find out and apply autogenic relaxation methods to reduce blood glucose levels.* **Conclusion;** *As a medium for health education and educational media for the public and the general public, especially for people with type II diabetes mellitus to increase knowledge about autogenic relaxation procedures to reduce blood glucose.*

**Keywords:** *Diabetes Mellitus, Autogenic Relaxation, Booklet*