

## **RELAXATION TECHNIQUES**

Try each of the following techniques and decide which works best for you.

### **Deep Breathing:**

Sit in a quiet place and close your eyes.

Place your hands on your abdomen and breathe in while slowly pushing your abdomen out.

Slowly let the air out while drawing the abdomen in.

Coordinate the movement of air with the abdomen.

Breathe in through the nose; out through the mouth.

Repeat this deep breathing for 5 minutes or longer if you like.

Slowly open your eyes and rest for one minute before rising.

### **Muscle Relaxation:**

Sit or lie in a quiet place.

Starting with your feet - pull them back & tense them as hard as you can for 6 counts, then relax them.

Calves - tense - 6 counts - relax.

Thighs - tense - 6 counts - relax.

Abdomen - tense - 6 counts - relax.

Shoulder - tense - 6 counts - relax.

Arms - tense - 6 counts - relax.

Neck - tense - 6 counts - relax.

Jaw - tense - 6 counts - relax.

Face - tense - 6 counts - relax.

Entire body - tense - 6 counts - relax.

Totally relax for 5 more minutes, then rise.

### **Autogenic Training:**

Concentrating on your right arm and feel it growing heavier and heavier.

Repeat 5 times.

Concentrate on left arm - feel it growing heavier and heavier.

Repeat 5 times.

Concentrate on right leg - feel it growing heavier and heavier.

Repeat 5 times.

Concentrate on left leg - feel it growing heavier and heavier.

Repeat 5 times.

Feel both legs getting heavier and heavier.

Repeat 5 times.

Feel both arms growing heavier and heavier.

Repeat 5 times.

Feel warmth in your right arm.

Repeat 5 times.

Feel warmth in your left arm.

Repeat 5 times.

Feel warmth in your right leg.

Repeat 5 times.

Feel warmth in your left leg.

Repeat 5 times.

Feel warmth in both legs and then arms.

Feel warmth in your abdomen.

Repeat 5 times

Feel coolness on your forehead.

Repeat 5 times.

Open your eyes and sit quietly for 1 or 2 minutes before rising.