

## **RELAXATION EXERCISES**

### **I. DEEP BREATHING**

Sit comfortably with both feet on the floor, let arms relax comfortably in your lap. Breath slowly in through your nose to a slow count of 5; hold your breath for 2 seconds; breath out through your nose very slowly to a count of 6; hold breath for 2 seconds. Repeat the exercise five to ten times.

### **II. DEEP RELAXATION**

Assume a comfortable position (sitting or reclining); make sure your legs, arms, and neck are relaxed; keep this position during the exercise without moving. Let your eyes close as they become heavy.

Repeat silently to yourself slowly in a monotonous tone:

Right now I am aware of feeling \_\_\_\_\_. (repeat 4 times with four different feelings).

Right now I am aware of seeing \_\_\_\_\_. (repeat 4 times with four different images).

Right now I am aware of hearing \_\_\_\_\_. (repeat 4 times with four different sounds).

Go through the sequence again stating each 3 times, then 2 times and 1 time.

Make several positive self-statements either generalized or specifically directed to a current goal.

When you are ready to open your eyes and become active again, start by moving your fingers and feet and then move your arms, neck, and legs slowly, stretching muscles.

### **III. VISUALIZATION EXERCISE**

Assume a comfortable position.

Take a few deep breaths focusing on relaxing.

Close your eyes.

Remember a time when you felt very good, very happy, joyous or loved, full of life.

Create an image of that specific event, the people there, the surroundings (colors, shapes, sizes of articles in the image).

Focus on the sounds present; voices, natural sounds.

Focus on texture of articles and smells present.

Pick a few words to characterize the feeling you are now experiencing.

Stay there as long as you want. When you are ready to refocus on the present, keep your descriptive words in mind.