

Relaxation Techniques

Focus on your breathing

To start, close your eyes and focus your attention upon your breathing. Listen to the soft whistling sound as the air flows in and flows out. Be sure that you are 'belly breathing'. That is, your belly should be moving in and out as you breathe.

After about a minute or two of concentrating on your breathing, start counting sequentially from one to ten on your inhalations and saying to yourself, 'relax' as you exhale. For example, on the first inhalation, say 'one' and see the number one in your mind. On exhalation, say 'relax' and see the word re—l-a-x-x...in your mind. Continue the counting process until you feel quite and your mind is focused and undisturbed by fleeting thoughts.

Ultimately, just saying the word 'relax' will evoke the relaxation response in you.

Special place

Imagine a place where you feel peaceful, calm, and relaxed. A place where you are secure and safe. See whether it is outdoors or indoors, whether it is a place from your past or your present or a place you've never really seen. This is your special place, a retreat and a haven. You're going there now. You can see the shapes and colours of your special place. You see every detail like a picture. And now you can begin to hear the sounds of your special place. You feel the temperature and you feel the textures of your special place. You can feel it against your skin. You feel bathed in peace and a deep sense of contentment in your special place. Take a deep breath as you let the peace and tranquillity of your special place spread throughout your entire body. Enjoy your place for a while. Let it nourish and relax you.



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