



RELAXATION EXERCISE

A ten minute relaxation exercise. Breathing allows your body and mind to work together so this exercise will allow the relaxation of tension, stress and preoccupation in your body and mind.

AFFIRMATION

Before you start the relaxation exercise, set yourself a personal affirmation. It's best to keep your affirmation simple, short and easy to remember. Something like:

I can

I will be able to

Every day I will be better able to

You'll get most benefit if you do this relaxation twice a day, for just ten minutes or so each time.

There's no particular special time of day to practice relaxation, although the most popular time is often at the end of the evening. You could do it at lunch time as a stress break, if you have a suitable place to practice.


Doing it when you get home from work, helps to mark the end of 'work' and transition into personal, relaxed time.

It will only take ten minutes. We can all find ten minutes most days. Even if it's just before you go to bed. You'll usually find that you fall asleep much easier and sleep more deeply afterwards.

Make sure you're in a safe and comfortable place, and that there's no danger from being sleepy or relaxed.

And if you have an appointment afterwards, it's best to set an alarm just in case you're so relaxed you fall asleep or lose track of time.

You can sit or lie down for this, the most important thing is that you find a comfortable position you can relax into.



~ Begin by closing your eyes and taking some long deep breaths, inhaling and exhaling and slowly letting your breathing naturally slow down. When you exhale, imagine all your tension going with it.

~ When you are ready imagine the feeling of relaxation and heaviness in your feet. If it helps imagine taking off a tight pair of shoes and feeling that sense of comfort and relief.

~ Count slowly up through your body. With each count feel that heaviness travel up to another part of your legs, body, arms, shoulders, neck, head and so on. The heaviness is spreading relaxation and washing away any tension. Right up to your temples and forehead, feel your muscles relax and the tension wash away.

~ And now count back down your body. Let the heaviness double as you count slowly back down your body, doubling in pleasant relaxation and heaviness all over your body

~ Take a few more nice, deep breaths.

~ Imagine yourself in a place where you feel special and safe.

~ Notice the sounds, colours, feelings, warmth and scents.

~ Enjoy relaxing there, imagine finding a nice spot to relax in.

~ Chill out there for a few moments.

~ Gently think about your affirmations. Mull them over gently and let them feel more and more natural. If you can't think of your affirmations, just affirm how calm and relaxed you can feel.

~ Chill out there for a few more moments.

~ When you are ready, thank yourself for the relaxation, and slowly count back from 1-10, stretching and taking deep breathes and waking up.

~ Remember to open your eyes slowly, and make sure you are fully awake before returning to normal activity, just as you would if you had been asleep or napping.