

## Quick Relaxation Techniques

Different relaxation techniques appeal to different people. Please try out each technique and rate it out of 10, then choose the one(s) that suit you best.

<b>Whole body tension</b>		<b>Score out of 10</b>
<ul style="list-style-type: none"> <li>■ Tense everything in your whole body, stay with that tension.</li> <li>■ Hold it as long as you can without feeling pain.</li> <li>■ Slowly release the tension and very gradually feel it leave your body. Repeat three times.</li> </ul>		
<b>Imagine air as a cloud</b>		<b>Score out of 10</b>
<ul style="list-style-type: none"> <li>■ Open your imagination and focus on your breathing.</li> <li>■ As your breathing becomes calm and regular, imagine that the air comes to you as a cloud.</li> <li>■ It fills you and goes out.</li> <li>■ You may imagine the cloud to be a particular colour.</li> </ul>		
<b>Pick a spot</b>		<b>Score out of 10</b>
<ul style="list-style-type: none"> <li>■ With your head level and body relaxed, pick a spot to focus on (eyes open at this point).</li> <li>■ When ready, count 5 breaths backward: with each breath allow your eyes to close gradually.</li> <li>■ Concentrate on each breath.</li> <li>■ When you get to 1, your eyes will be closed. Focus on the feelings of relaxation.</li> </ul>		
<b>Counting ten breaths back</b>		<b>Score out of 10</b>
<ul style="list-style-type: none"> <li>■ Allow yourself to feel passive and indifferent, counting each breath slowly from 10 to 1.</li> <li>■ With each count, allow yourself to feel heavier and more relaxed.</li> <li>■ With each exhale, allow the tension to leave your body.</li> </ul>		
<b>Transformations: pick one that works or make up your own</b>		<b>Score out of 10</b>
<p>When you think of images like....</p> <ul style="list-style-type: none"> <li>■ Tightly twisted ropes</li> <li>■ Feel of cold, harsh wind</li> <li>■ Hard, cold wax</li> <li>■ Tense, red muscles</li> </ul>	<p>Imagine....</p> <ul style="list-style-type: none"> <li>➢ The twisted ropes untwisting</li> <li>➢ The cold wind becoming warm and soft</li> <li>➢ The wax softens and melts</li> <li>➢ The red muscles soften or lighten to pink</li> </ul>	
<b>Affirmations: pick one that works or make up your own</b>		<b>Score out of 10</b>
<ul style="list-style-type: none"> <li>■ Breathe deeply and slowly....</li> <li>■ Let the tension flow away....</li> <li>■ I am calm &amp; relaxed, ready for anything</li> </ul>	<ul style="list-style-type: none"> <li>➢ This discomfort will pass.....let it go.</li> <li>➢ I have the power to handle this.</li> <li>➢ Relax the jaw, lower the shoulders.</li> </ul>	