

# Quick Relaxation Techniques

As you become more experienced with how the body relaxes, some quick methods of relaxation may be useful. This exercise describes several quick release techniques which can be done almost anywhere.

## **Here are some pointers about all the exercises that follow:**

**Position:** Get as comfortable as possible. Some of these exercises can be done while waiting in the doctor's office or at some other time when there is nothing to do but wait. It is not necessary to lie down to do them.

**Attitude:** Remain passive. Just watch your mind work okay. Whatever thoughts come to mind are okay. Do not work at it; just let it happen.

**Sounds:** Sounds are a natural part of the environment; just take note of them and let them pass.

**Breathing:** Focus inward on breathing as a natural, easy process.

## **Tense and Release**

- A. Tense everything in your whole body, stay with that tension, and hold it as long as you can without feeling pain.
- B. Slowly release the tension and very gradually feel it leave your body.
- C. Repeat three times.
- D. Describe how this feels.

## **Imagine Air as a Cloud**

- A. Open your imagination and focus on your breathing.
- B. As your breathing becomes calm and regular, imagine that the air comes to you as a cloud – it fills you and goes out. You may imagine the cloud to be a particular color, if you wish.

## **Pick a Spot**

- A. With your head level and your body relaxed, pick a spot to focus on (eyes are open at this point).
- B. When ready, count five breaths backward. With each breath allow your eyes to close gradually.
- C. When you get to one, your eyes will be closed. Focus on the feelings of relaxation.

### Counting Ten Breaths Back

- A. Allow yourself to feel passive and indifferent, counting each breath slowly from ten to one.
- B. With each count, allow yourself to feel heavier and more relaxed.
- C. With each exhale, allow the tension to leave your body.

### Shoulder Shrug

- A. Try to raise your shoulders up to your eyes.
- B. Hold for the count of four.
- C. Now drop your shoulders back to a normal position.
- D. Repeat three times.

### Shoulder Rotation

- A. Rotate your shoulders back, down and around, first one way, then the other.
- B. Do one shoulder, then the other.
- C. Now do both at the same time.
- D. Note – this is also good for the back, arms and neck.

### Cat S-t-r-e-t-c-h

- A. Stand with your feet slightly apart.
- B. Take a deep breath as you stretch your arms over your head.
- C. Slowly exhale as you lean forward, bringing arms and head down.
- D. Do slowly and gently five times.

**Can you think of times that you can use  
these exercises every day?**

**When are they?**