

# Relaxation exercises

The following exercises are aimed at helping relaxation

1

I want you to start by closing your eyes - it's easier to relax when your eyes are shut because it reduces the amount of messages going to your brain.



2

Stretch your fingers like a star feeling the tension.

Hold while I count to 1, 2, 3, 4 and relax



3

Make a tight fist with your hand, feel your nails hard against your palms.

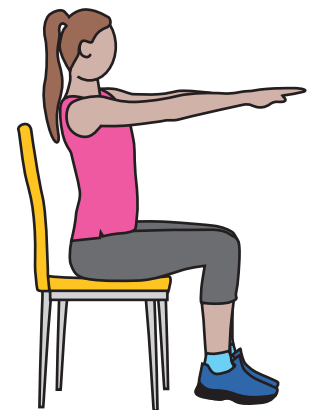
Hold 1, 2, 3, 4 and relax



4

Now stretch your whole arm - stretch out your arm and push against an invisible wall.

Hold 1, 2, 3, 4 and relax



5

Now push your arm with the elbow back into the chair, feel the tension.

Hold 1, 2, 3, 4 and relax



6

Now concentrate on your feet - push the sole of your feet into the floor, try curling your toes upward, feel the tension.

Hold 1, 2, 3, 4 and relax



7

For the knees - push them tightly together.

Hold 1, 2, 3, 4 and relax



8

For both legs, straighten them and push them against an invisible wall - feel the tension.

Hold 1, 2, 3, 4 and relax



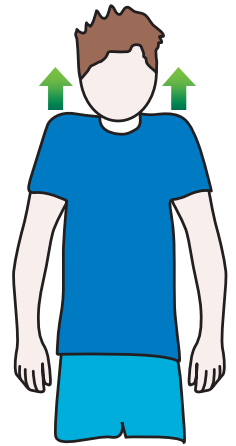
**9** Now your back - push your back into your chair and tighten your stomach muscles.

**Hold 1, 2, 3, 4 and relax**



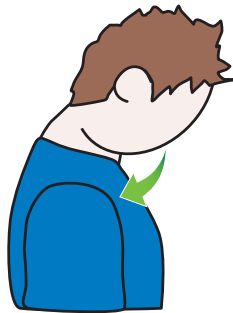
**10** Move on to your head and shoulders - shrug your shoulders to the ears, feel the tension.

**Hold 1, 2, 3, 4 and relax**



**11** Now your neck - press your chin towards the chest, feel the tension.

**Hold 1, 2, 3, 4 and relax**



**12** For your face - frown, clench your teeth.

**Hold 1, 2, 3, 4 and relax**



**13** Now smile with your teeth together - push your tongue against the roof of your mouth and then screw your eyes up tightly.

**Feel the tension, hold 1, 2, 3, 4 and relax**



**14** Now check each part of your body - feel how relaxed and heavy your body feels.

**Really relaxed...  
Your shoulders floppy...  
Your hands and arms...  
Your back, legs and feet**

Relax still further and concentrate on your breathing, concentrate on breathing in, cool life giving air, and breathing out warm air.

Breathe in cool air and breathe out warm air.

Breathe in, breathe out. Sit still for a few moments and enjoy the feeling of being relaxed. When I've counted to 10 open your eyes:

**1...2...3... feel your fingers start to tingle  
4...5...6...7... wriggle your toes  
8...9...10... when you're ready, open your eyes**

