

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



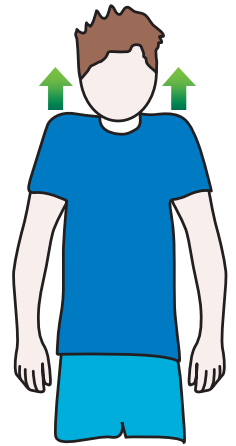
9 Now your back
- push your back
into your chair
and tighten your
stomach muscles.

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



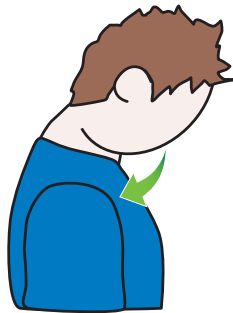
10 Move on to your
head and shoulders -
shrug your shoulders
to the ears, feel the
tension.

**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**

