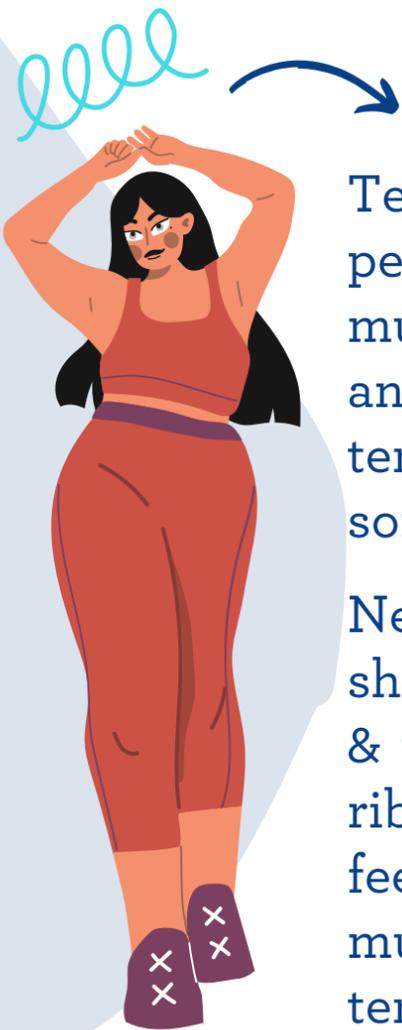


Rapid Relaxation Exercises

These are things you can do in 1-2 mins to feel more relaxed. As you start, take a moment to do a simple check-in of your emotional state, your thoughts, and what you're feeling in your body. Just notice what is happening, without judgment or expectation.

abdominal breathing

Place 1 hand on your belly and another on your chest. Take some slow, deep breaths into the belly. Breathe in through the nose, and out through the mouth. Repeat for a few minutes, imagining the breath calming your body and clearing your mind. Notice how you feel.



quick tensing & relaxing

Tense your feet & lower legs, thighs & buttocks, pelvic muscles, abdomen, & lower back muscles. Hold them tightly for a few seconds and notice the tension. Then release the tension completely and let all those muscles soften and become relaxed.

Next, tense your hands, forearms, upper arms, shoulders, belly, midriff, middle & upper back, & facial muscles, and take a breath in so your rib cage is fully extended. Notice how that feels, then release the breath & soften all those muscles. Let them become relaxed. Let the tension flow out each time you exhale. Repeat as many times as you wish.

symbol of relaxation

Choose an image that conveys peace, comfort, or mental & physical "letting go." This can be an image of a seashore, a favorite spot in nature, the sun, ice melting, a soothing color, or the face of a pet or someone you love.

Every time you try to relax, call upon that image and allow the symbol to grow & fill your awareness for a few minutes. Let the calmness and relaxation move through your body on the rhythm of your breath.

