

# Short Relaxation Techniques

- Belly Breathing
- Mindfulness
- Tense-Relax Muscles
- Body Scan
- Neck Release
- Visualization



## Belly Breathing:

- Sit or lie flat in a comfortable position.
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
- Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
- Do this breathing 3 to 10 times. Take your time with each breath.
- Notice how you feel at the end of the exercise.

## Mindfulness:

- An important tool for helping us to better focus on the present moment. Bring awareness and acknowledgement to any stressed or anxious feelings in the body and mind and simply allow them to be. This means staying with those feelings without analyzing, suppressing, or encouraging them. Realize that when you allow yourself to feel and acknowledge your worries, irritations, painful memories, and other difficult thoughts and emotions, it often helps them dissipate.

## Body Scan:

- Bring awareness to the soles of each foot, then the heels, toes, top of the feet, behind the Achilles tendon, into the ankles joints. Let the awareness rise up into each of the lower legs, calves, shins, knee joints, continuing to feel into the body with awareness. You will keep letting the awareness rise through the body, and whatever arises in the body, or mind and emotions, acknowledge what is happening and letting it be. Throughout this exercise you may notice tensions, tightness, and achy-ness. It's important to allow any of these areas to soften/relax.

#### Tense-Relax Muscles:

- Similar to the body scan exercise, starting at your feet, you tense particular muscle groups in your body, then release the tension and notice how your muscles feel when you relax them.

#### Visualization:

- The practice of creating a detailed mental image of an attractive and peaceful setting or environment. With this technique there is an element of distraction which serves to redirect people's attention away from what is stressing them and towards an alternative focus.