

DREAM RELAXATION

What would your ultimate relaxation place be?

Think of your ultimate relaxation place as you practice the below activity.

Find a comfortable position. Let yourself relax. Start to notice your body and any sensations you might feel. Feel the connection between your body and the surface that your body is touching. Relax any tension you are feeling and soften your muscles. Focus your attention on your body. If your mind wanders to thoughts or worries, bring it back to your body. Notice your breath and where you feel it in your body. Focus your attention on your full breath from start to finish. If your mind starts to wonder, notice it has wondered and redirect it back to your breathing. Take a deep breath into your lower abdomen and feel your abdomen expand with air. Imagine the air filling your abdomen, and then traveling out of your airways, over and over. Notice your abdomen rising and falling and the air coming in and out a few times. Continue to do this for a few minutes, focusing your mind back to your body and the breath coming in and out. At any time a thought crosses your mind, release the thought and refocus on your breath.

RELAXATION TIPS

- Find a quiet environment
 - Eliminate distraction such as turning off your phone
 - Minimize noise, light, odor, movement, etc.
- Adjust your attitude
 - Empty your mind of any thoughts and distracts (this takes works since our minds naturally wonder)
 - You can best control the exercises by not controlling them
 - Allow your body to let go
- Use a mental devise to dispel distractions
 - Try a word or phrase to repeat
 - "I feel calm and relaxed"
 - A visual devise such as visioning a relaxing location can help you focus and relax
- Get in a comfortable position such as sitting or lying down

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BODY SENSATION INVENTORY

Review the list of body sensations below. Take a moment to sit and pay attention to the sensations your body is telling you and circle those reflected below.

Achy	Electric	Lax	Shivery
Airy	Empty	Lethargic	Sneezy
Antsy	Energized	Light	Sore
Bloated	Electric	Loose	Spazzy
Blocked	Empty	Mild	Spinning
Breathless	Energized	Nauseous	Squirmy
Bubbly	Expansive	Numb	Still (like I am)
Burning	Faint	Open	Suffocating
Chilly	Flowing	Paralyzed	Sweaty
Cold	Fluid	Pounding	Tender
Cool	Flushed	Pressure	Tense
Congested	Full	Prickly	Thick
Constricted	Fuzzy	Puffy	Throbbing
Clammy	Hot	Pulsing	Tight
Clenched	Heavy	Queasy	Tingly
Damp	Icy	Radiant	Trembly
Dizzy	Itchy	Relaxed	Warm
Drained	Jittery	Shaky	Weak
Effervescent	Jumbled	Sharp	Wobbly

What parts of your body are experiencing these sensations?

What do you feel your body needs right now (e.g. water, comfort, humor, nutrition)?

Body scanning involves paying attention to parts of the body and bodily sensations in a gradual sequence from feet to head. By mentally scanning yourself, you bring awareness to every single part of your body, noticing any aches, pains, tension, or general discomfort. You may experience benefits if you practice body scanning throughout the day. A research study showed that one of the benefits of body scanning include stress reduction as well as reduced inflammation, fatigue, and insomnia. (Black DS et al., 2015)

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