

Quick Relaxation Techniques

Deep Breathing

- Sit comfortably with your back straight. Put one hand on your chest and the other hand on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so your lower abdomen rises and falls. Count s-l-o-w-l-y as you exhale.

3 second relaxer

- Take deep breath (similar to deep breathing). Hold it for 3-seconds. Then, as you let it out, all at once, let your jaw and shoulders relax.
- Hang loose and continue breathing easily. Repeat if you wish.

Eye Fixation

- With your head level and your body relaxed, pick a spot to focus on (eyes are open at this point).
- When ready, count five breaths backward. With each breath allow your eyes to close gradually.
- When you get to number one, your eyes will be closed. Focus on the feelings of relaxation.

Shoulder Shrug

- Stand or sit in a comfortable position.
- Breathe in slowly through your nose for a count of five and as you do shrug your shoulders up to your ears.
- Slowly breathe out for a count of five as you lower your shoulders.
- Relax and repeat this sequence 5 - 7 times.

Shoulder Self-Massage

- Reach one arm across the front of your body to your opposite shoulder.
- Using a circular motion, press firmly on the muscle above your shoulder blade.
- Repeat on the other side.