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# TECHNIQUES THAT PROMOTE RELAXATION



## DEEP BREATHING

1. Get comfortable – you can lie on your back or sit up .
2. Breathe in through your nose. Let your belly fill with air.
3. Breath out through your nose.
4. Place on hand on your belly and the other on your chest
5. As you breathe in, feel your belly rise.
6. Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

## PROGRESSIVE MUSCLE RELAXATION



1. Lie comfortably on the floor.
2. Take a few deep breaths to relax.
3. Breathe in. Tense the muscles of your feet.
4. Breathe out. Release the tension in your feet.
5. Breathe in. Tense your calf muscles.
6. Breathe out. Release the tension in your calves.
7. Work your way up your body. Tense each muscle group and release.

## BREATH FOCUS



1. Close your eyes.
2. Take a few big, deep breaths.
3. Breathe in. As you do that, imagine the air is filled with peace and calm. Try to feel it throughout your body.
4. Breathe out. While you're doing it, imagine that the air leaves with your stress and tension.
5. Use a word or phrase with your breath. As you breathe in, say in your mind, "I breathe in peace and calm."
6. As you breathe out, say in your mind, "I breathe out stress and tension."
7. Continue for 10 to 20 minutes.

## MODIFIED LION'S BREATH



1. Sit comfortably on the floor or in a chair.
2. Breathe in through your nose. Fill your belly all the way up with air.
3. When you can't breathe any more, open your mouth as wide as you can. Breathe out with an "Ahh" sound.
4. Repeat Several Times.

## EQUAL TIME BREATHING IN AND OUT



1. Breathe in through your nose, counting to five.
2. Breathe out through your nose to the count of five.
3. Repeat Several Times.