

Relaxation Techniques



EQUAL BREATHING

Inhale for a count of four, then exhale for a count of four — all through the nose, which adds a natural resistance to the breath. Equal breathing calms the nervous system, increases focus, and reduces stress.

4-7-8 BREATHING EXERCISE

Focus your breathing on the following pattern:

- Breathe in quietly through the nose for 4 seconds.
- Hold the breath for a count of 7 seconds.
- Exhale forcefully through the mouth, making a "whoosh" sound, for 8 seconds.

AUTOGENIC TRAINING

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Set 1:

- I feel quite quiet... I am easily relaxed...
- My right arm feels heavy and relaxed... My left arm feels heavy and relaxed... My arms feel heavy and relaxed and relaxed...
- My right leg feels heavy and relaxed... My left leg feels heavy and relaxed...
- My arms and legs feel heavy and relaxed and relaxed... My hips and stomach are quiet and relaxed... My shoulders are heavy and relaxed and relaxed...
- My breathing is calm and regular... My face is smooth and quiet...
- I am beginning to feel quite relaxed...

Repeat every phrase, silently, in your mind, three times. Say the phrase in a quiet, thoughtful way. Before moving on to the next phrase, pause and notice how you feel. Focus on your feelings for two or three breaths. Practice the set of exercises until you are quite comfortable with it.

