



Relaxation Exercise

Find a comfortable position sitting on a chair, with the soles of your feet resting firmly on the floor. The backs of your thighs should be resting against the seat, and your upper back against the back of the chair.

Place both hands gently in your lap, letting your thighs support your hands so that the palms are open and facing upwards, and the backs of your hands are resting on your legs.

Let your breathing flow calmly in and out, allowing yourself to breathe at your own pace without any extra effort. Your abdomen will rise up and out when inhaling and sink back when exhaling.

Inhaling and exhaling are followed by a short break before you inhale again. Breathing functions as an anchor during exercise. Use the calm rhythm of inhaling and exhaling to bring your attention back to the exercise if you find it difficult to stay focused.

Now shift your attention to your face. Allow your face to relax. Try to let go of the tension in your forehead and let any expressions or tensions on your face and cheeks melt away. Notice how the expressions on your face can relax.

Now focus on the upper neck and shoulder area. Let your shoulders drop down when you exhale your breath. Allow yourself to stop holding your shoulders up and feel how your shoulders are heavy and relaxed. Your upper neck can also be relaxed, and as you do this you can feel a release in tension in the back of your head.

Try to imagine that a feeling of warmth and softness spreads from your upper neck to your shoulders and from there to your upper arms. Shift your attention to the upper arms, which are resting against your body. Imagine that they feel heavy and relaxed. Imagine how this feeling spreads all the way from the back of your upper arms to the front of the upper arms and down to your forearms. Your palms may feel heavy and solid in your lap. Imagine that the feeling of relaxation spreads slowly from your upper back all the way to your fingers.

Allow your breathing to flow freely in and out, and to slow down as you relax. Remember, you can always return to your breathing if your mind starts to wander.

Now notice how your upper back feels when it rests against the chair. Notice how you feel a sense of calm and heaviness spreading to your upper back, and at the same time notice how your chest rises and falls steadily in rhythm with your breathing. Notice a lightness in your breathing, and observe how your breathing doesn't require any effort, with the breaks between breaths coming naturally.

Now shift your attention to your lower back and from there down to the backs of your thighs and your buttocks. Feel how you're sitting solidly on the chair, and then imagine that the area from your lower back to your thighs begins to feel relaxed and heavy. You may feel a sense of warmth as your blood circulation improves when tension is released.

Now focus attention on your calves and imagine that the sensation of pressure increases within them. Imagine this feeling spreading all the way to your ankles, and from there to the soles of your feet resting solidly on the floor. Imagine you feel heavy and relaxed from your calves to your feet.



Now rest for a moment. Let go of your thoughts and just enjoy the moment without worrying about what comes next.
