

Relaxation Techniques

Peripheral Vision-Start with hands in front of face, palms together, slowly move the apart while continuing to look straight ahead until you can't see them, bring them back to just in view, hold for count of ten.

**Press thumb and forefinger tightly together while inhaling to the count of 10,
Hold it, and let go in a rush of breath**

Imagine blowing up a balloon in three slow breathes

Name out loud three things you see, hear, feel

**Take a deep breath and as you exhale say "I am safe, my needs are met, I am connected"
Repeat breath and statement 3 times**

Rub your hands vigorously together and place over your eyes

With thumb and middle finger, gently massage bridge of nose

Listen to relaxing music without words

Enjoy some cut flowers or something from nature

Keep an inspirational quote handy

When you hear disparaging thoughts, ask "Who says so?"

Change "shoulda", "gotta", "oughta" to "I CHOOSE"

Laugh - Stimulates many organs, enhances your intake of oxygen-rich air, stimulates your heart, lungs, and muscles, and increases the endorphins that are released by your brain

*** * * * * Progressive Relaxation * * * * ***

**Make a fist with left hand, breathe in, as you exhale, say "Relax and Release",
let go of the tension**

Continue with right hand, "Relax and Release", push down legs tightening thighs and calves, shoulders to ears, grit teeth and squeeze eyes. As you move through each group, with each exhalation say "Relax and Release" and let go of the tension

NOTICE the change

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