Mental Relaxation Exercise

Settle yourself into a comfortable position. Uncross your legs and rest your hands in your lap.

Close your eyes, and keep them closed until the end of the exercise. During this mental relaxation exercise, outside thoughts may come into your mind. This is natural, do not become upset. Tell yourself you will deal with it when the exercise is over, put the thought out of your mind, and return to the exercise.

First, concentrate on your breathing. Feel your chest rise and fall as you inhale and exhale.

Become aware of the motion of the air in and out of your nose.

Now, each time you exhale, say the word **relax** in your mind.

Now, shift your attention to the top of your head. Concentrate on relaxing your scalp…….

Now your forehead…..

Your eyebrows…..

Let your eyes become soft and relaxed.

Let go of the tension in your jaw.

Feel the muscles of your neck and shoulders relax as you concentrate on letting the tension flow out of them. Imagine for a moment that someone is gently massaging the muscles of your back, causing them to let go of the tension.

Now relax the muscles of your upper arms. Feel the tension slip out of them.

Do the same for your arms and hands. You may feel a tingling in your hands at this time.

Shift your attention to your chest and abdomen. Let the tension slip away.

Now relax the muscles of your upper legs. Feel the muscles relax.

Now do the same with your lower legs and feet.

Just for a moment, move your attention back to your head and check to see that your forehead, eyes and jaw have stayed relaxed. If not, relax them again.

Now I want you to picture a white light with the word PEACE written on it. Dwell on this for a few moments. Imagine that the peace surrounds you.

Now bring that white light of peace into your body. Feel it enter your head, then spread into your neck and shoulders.

Now down into your arms and hands.

Let this peace fill your chest and abdomen.

Now watch this light as it spreads down your legs to your feet.

Feel the peace in your body, quieting all of the tensions present there.

Now I would like for you to imagine that you are in a favorite outdoor place—one in which you have been happy in the past or a place where you would like to be.

See yourself in that place. In your mind, look around you. See the color of the sky……

The color of the trees and grass.

Look and see what is close to you. Are there flowers? Water?

Now look in the distance. What do you see?

Listen for the sounds that are there. Are there birds singing? Insects chirping? Hear the sounds of the place.

Now feel the air around you. Feel the effect of the sun on your body. Does it warm you with its gentle warmth?

Imagine that you are walking in that place. Notice the things around you. Enjoy the sights that you see.

Now return to being aware of your breathing pattern. Feel your chest and abdomen rise and fall as you breathe.

Feel yourself relax as you exhale.

Gently we are going to come back to this room. Tell yourself that when you do, you will feel alert and relaxed.

Picture the room in your mind.

Hear the sounds around you. Become aware of these sounds.

When you’re ready, open your eyes and quietly take your pulse.