Sitting Relaxation Exercise

Practice this exercise as often as you can, preferably once a day for about ten minutes. Many people find relaxation can help them get to sleep.

Stage 1 – Getting prepared – takes about two minutes.
- Find a quiet place – if you like, have some soothing music playing...
- Sit in a comfortable chair...(or lie flat on your back or stomach)
- Close your eyes, arms at your sides, legs uncrossed...
- Breathe deeply in and out...
- Let your body go loose and floppy

Stage 2 – Muscle relaxation – for major muscle groups – Breathe in...tense muscles...breathe out...relax muscles for each muscle group.

Stage 3 – Do your routine, but while you are doing it, try to think of some nice relaxing scene of your choice.

Quick Relaxation Exercise

You can use parts of the relaxation exercise to calm yourself when you meet problems in everyday life. You can do the following exercise in crowded places, or sitting down. Use it whenever you feel tense.

Relax by:
- Taking a deep breath. Breathe slowly and deeply.
- Let your shoulders droop and sag.
- Unclench your teeth by opening your mouth.
- Allow the wrinkles in your forehead to unwrinkle.