

# Quick Relaxation Tips

These can be done anywhere, anytime. Practice them until they come automatically.

- *Get comfortable.*
- *Remain passive - whatever thoughts come into your mind are okay. Do not work at it -just let it happen.*
- *Take note of the sounds around you and let them pass.*
- *Focus inward on your breathing as a natural, easy process.*

## Whole Body Tension

- Tense everything in your whole body, stay with the tension, and hold it as long as you can without feeling pain.
- Slowly release the tension and visualize it leaving your body.
- Repeat this three times.

## Pick a Spot

- With your head level and your body relaxed, pick a spot to focus on (eyes open) When ready, count 5 breaths backward. With each breath out allow your eyes to close gradually.
- When you get to 1 your eyes will be closed. Focus on your body. Feel it relaxing more and more.

## Shoulder Rotation

- Rotate your shoulders back, down and around, first one way, then another.
- Do one shoulder then the other.
- Now do both at the same time.

## Cat S-T-R-E-T-C-H

- Stand - feet slightly apart.
- Take a deep breath as you stretch your arms overhead.
- Slowly exhale as you lean forward, bringing arms and head down.
- Do slowly and gently 5 times.

Try Surfing the Net at this excellent site: <http://algy.com/anxiety/>

*Acknowledgement for ideas on this page goes to St Joseph 's Counseling and Personal Development Center*