

INSTRUCTIONS FOR RELAXATION PRACTICES

What methods can I use to relax?

There are many relaxation techniques you can use. Some are mainly physical, some mental and some a combination of both. Depending on where you are how you feel, different techniques can be used.

R1 Relaxation Breath Awareness

1. Sit comfortably with eyes closed.
2. Begin to listen to sounds far away ... just moving from one sound to another. Now search for sounds close to you ...
3. Leave the sounds and bring your attention to your body ... feeling comfortable ... released ... relaxed.
4. Scan the different parts of your body from your legs to your head and release any tension you may find.