



## 8 Ways to Relax

### 1) Diaphragm Breathing

- Must be deep enough to stimulate the parasympathetic nervous system.
- Focus on pushing your belly out for 1 to 5 seconds.

### 2) Progressive Muscle Tension and Relaxation

- Work your way through all the muscles in the body.
- Tense each muscle group for 5 to 10 seconds and relax. Repeat.
- Focus on the feeling of relaxation and release in the muscles.

### 3) Relaxation Tapes

- Nature sounds, gentle music.
- Voice talking you through a relaxation procedure.

### 4) Imagery

- Imagine yourself in a safe place (real or created). Picture all the details of how that place looks, sounds, etc.
- Imagine writing your concerns on a piece of paper and placing them into the basket of a hot air balloon, then watching them drift up and out of sight. Focus on letting go of the concerns.

### 5) Repetitive Motion

- Running, swimming, treadmill, bicycle, yoga, Tai Chi, etc.
- Focus on how your body feels while you are doing these activities.

### 6) Use a Focus Word or Phrase

- "Peace," "Calm," Count from 1 to 7, etc.

### 7) Meditation

- Pick an object to look at or imagine.
- If your mind drifts, gently bring yourself back to the object of focus.

### 8) Self-Hypnosis

- Can be learned from CD's or trained professionals.