



Relaxation Tools

SELF SOOTHING Using your FIVE senses



Vision



Touch



Hearing



Smell



Taste

IMPROVING THE MOMENT

Imagery

Meaning

Prayer

Relaxing action

One thing in the moment

Vacation

Self-Encouragement & rethinking the situation





Relaxation Tools

GROUNDING TECHNIQUES

Mental Grounding:

Focus your mind

- Name facts
- Numerical countdown

Physical Grounding:

Focus your senses

- Five senses countdown
- Four count breathing

Soothing Grounding:

Talk to yourself in a kind way

- Think of your favourites
- Think of a safe place

RELAXATION STRATEGIES

Abdominal Breathing

- 1) Place one hand on your chest and the other one on your abdomen. As you breathe in, imagine that you are sending your breath as far down into your body as it will go. Feel your lungs expand as they fill up with air. As you do this, the hand on your chest should remain fairly still, but the hand on your abdomen should rise and fall with each breath.
- 2) Continue to gently breathe in and out. Let your breath find its own pace. If your breathing feels unnatural or forced in any way, just maintain your awareness of that sensation as you breathe in and out. Eventually any straining or unnaturalness should ease up by itself.
 - a. If you are having difficulty getting the hand on your abdomen to move, or if both hands are moving, try pressing down with the hand on your abdomen. As you breathe, direct the air so that it pushes up against the pressure of your hand, forcing it to rise.
- 3) After breathing deeply for several breaths, begin to count each time you exhale for ten minutes, making certain that the hand on your abdomen continues to rise with each breath.

Paired Muscle Relaxation

- 1) Lie or sit down, with all body parts uncrossed and no body part supporting any others.
- 2) For each area of your body, gather tension by tightening muscles. Focus on the sensation of tightness in and around that area. Hold the tension as you inhale...then release and breathe out.
- 3) As you release, say in your mind very slowly the word "Relax."
- 4) Observe the changes in sensations as you relax for 10-15 seconds then move on to the next muscle.

Visualizing A Peaceful Scene

You have the ability to relax by mentally constructing a peaceful scene that you can enter whenever you feel stressed. Your peaceful scene...will be a place that will make you feel safe and secure when you imagine it—where you will be able to let your guard down and completely relax.

Wise Mind Exercise from:
<http://www.innerhealthstudio.com/visualization-relaxation.html>

