

Relaxation Techniques



01: Autogenic relaxation: Try to focus on a specific part of your body to relax with your eyes closed. (i.e. shoulders)

02: Progressive muscle relaxation: Try tensing a muscle and letting go. Tense for 5 seconds and relax for 30 seconds. You can do this from your head down to your toes or in reverse.

03: Visualization: Try to imagine yourself in a beautiful place (i.e. at the beach or on a hillside). Use as many of your five senses as you can: taste, touch, smell, sound and sight. Try closing your eyes to really picture yourself in the scene.

04: Other relaxation strategies:

- Deep breathing
- Massage
- Meditation
- Yoga
- Tai Chi
- Aromatherapy (i.e. essential oils)
- Hydrotherapy (i.e. taking a bath)
- Music or art
- Biofeedback devices (i.e. devices that can measure brain waves)

Source:

