

RELAXATION TECHNIQUES

{ Body Scan }

Assume a comfortable position. Close your eyes. Start with your toes and focus on any sensations of discomfort you may become aware of such as: stinging, aching, throbbing, tingling, or burning. Take a deep breath, and as you release that breath, imagine yourself releasing that uncomfortable sensation into the air at the same time. Move slowly up your body, following the same procedure of breathing as before. Include areas such as: arches of feet, heels, ankles, calves, shins, thighs, buttocks, lower back, hips, abdomen, chest, upper back, fingers, palms, wrists, elbows, biceps, triceps, shoulders, neck, throat, jaw, tongue, lips, cheeks, eyes, forehead, and scalp.

{ Autogenics }

Silently and slowly repeat relaxing phrases regarding the body while trying to feel those sensations at the same time. For example, "My hands are heavy." "My hands are heavy and warm," "My hands and arms are heavy and warm." "My feet are warm," "My legs are heavy," "My feet and legs are heavy and warm." Repeat each phrase several times.

{ Breathing }

Sit quietly and fold your arms across your abdomen. Inhale slowly through your nose and feel your abdomen rise. Purse your lips and exhale slowly through your mouth. As you exhale feel your abdomen fall and tension leaving your body. Feel yourself sinking a little deeper into a pool of relaxation.

{ Muscle Relaxation }

Sit or lie down. Progressively tense and relax different muscles throughout your body. You can start at your feet, or at your head. Include all the areas mentioned in "body scanning" above. This brings a greater awareness of those muscles in which you hold unnecessary tension during the day.



{ Meditation }

Find a quiet place which is free from distraction. Assume a passive attitude. Get into a comfortable position and focus your attention on a word ("relax," "peace"), phrase ("I am calm"), sound (ticking clock), thought, feeling, breath, or a symbol like a candle flame. Concentrate on what you have chosen. When your thoughts stray, gently bring them back to what you have chosen to focus on.

{ Visualization }

Find a quiet and comfortable environment. Vividly imagine being in a place that is peaceful and calming to you. Utilize all your senses to bring the image alive: experience the colors, sounds, smells, tastes, textures, objects, people, and animals in that place.

You may go to a place you have been to before (beach, lake, cabin, mountain, temple), or to a place you have never been to before (flying in the air, floating on a cloud, riding in a hot air balloon, or being on a deserted tropical island). Enjoy your "mental vacation" in this peaceful sanctuary.



{ Self Hypnosis }

Achieve a deep state of relaxation. Choose a relaxing suggestion such as, "I am calm," or "I can do this," or "I will be myself when I am on a date." Repeat the suggestion to yourself thoughtfully and meaningfully while breathing slowly and deeply. After repeated the suggestion several times, gradually come out of the deep state of relaxation.

{ Performance Rehearsal }

Achieve a state of deep relaxation and imagine yourself in a stressful scene such as taking an exam, a social situation, playing a sport or a musical instrument, while at the same time visualizing yourself performing exceptionally well.

More Information

Listen to audio files which will guide you through each of these techniques:

<http://ccc.byu.edu/cc/relaxation-recordings>

Relaxation cd's are available for 3 day check-out from the LRC in the Harold B. Lee Library:

<http://ccc.byu.edu/cc/library-resources>

Make a personal biofeedback appointment

Counseling Center Receptionist, 1500 WSC
or call (801) 422-3035 to schedule

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