

Relaxation Exercise

Repeat each statement 3 times to yourself.

Go through exercise 2-3 times a day in order for it to become automatic.

To Practice: Get to a place where you can be alone for a few minutes, preferably with doors closed between you and other people and distractions. Plan or ask to not be interrupted for those few minutes.

**MY RIGHT HAND IS HEAVY.
MY LEFT ARM IS HEAVY.
MY RIGHT LEG IS HEAVY.
MY ARMS AND LEGS ARE HEAVY.
MY RIGHT HAND IS WARM.
MY LEFT HAND IS WARM.
MY RIGHT FOOT IS WARM.
MY LEFT FOOT IS WARM.
MY HANDS AND FEET ARE WARM.**

**I AM BEGINNING TO FEEL QUITE RELAXED.
ALL SOUNDS REMIND ME OF PEACE.
MY BREATHING IS SLOW AND CALM.
ALL PEOPLE REMIND ME OF PEACE.**

**THERE IS NOTHING TO DISTURB MY PEACE.
I LISTEN TO MY BREATHING AND FEEL CALM.**

I AM AT PEACE.

Note: You can alter statements to make your own lines. The important thing is to repeat them 3 times until you notice you automatically begin to relax when you start the exercise. The more you practice the exercise, the better it works!

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