

## Five Minute Personal Relaxation Exercise

### I. Introduction:

*For the next five minutes, experience a uniquely effective technique to enjoy a mindful relaxation. Simply listen to the suggestion, follow the instruction and be pleasantly surprised by the effect.*

### II. Induction:

#### A. Tension:

*Focus attention on the hands. Put the heels of the hands together and let the fingers touch each other. Raise the hands to the height of the jaw, elbows away from the body. Press the hands together. Press tight enough to feel the tension in the fingers; hands; arms; shoulders; neck; clench the teeth; feel the tension around the jaw, face, head. Squint the eyes, wrinkle the forehead. Press tighter. Feel that tension!*

#### B. Relief:

*Now, relax: hands down, eyes closed. Take a deep breath through the nose and hold it; now gently release the tension. Nice and comfortable, pleasantly relaxed. Lips together, jaw loose, limp and relaxed.*

#### B. Relief:

*With eyes closed, arms and legs in a comfortable position, let the body sink gently into the chair. As the tension drains from the top of the head to the tips of the fingers, become aware of relaxed muscles around the head; temples; forehead; eyebrows; eyes; nose; cheeks; lips; chin; jaw; ears; neck; shoulders; arms; hands; fingers.*

### III. Suggestions:

*Sense the relaxation throughout. Feel warm, safe and secure. Float with the feeling, and once again, take a deep, deep, deep, breath through the nose and hold it; now gently release the tension. Nice and comfortable, pleasantly relaxed, more deeply relaxed. Feel good and confident that relaxation is always just a breath away. Want it to happen, expect it to happen, it does happen. Enjoy the calmness, the tranquility and the serenity.*

### IV. Alert:

*Now, as though waking up from a pleasant relaxed rest, feel naturally bright, alert and refreshed. Sound in mind, sound in body, sound in health. Eyes open, bright, alert and refreshed. Ready to proceed, with verve, vigor and vitality. Eyes open, bright, alert and refreshed.*

After the exercise is completed, suggest to the patient that the patient let the eyes close again; focus attention on the breathing through the nose. Notice the cool air around the nostrils when inhaling, and the warm air, releasing the tension, when exhaling.