
Information from your Patient Aligned Care Team

General Relaxation Exercise

- Get comfortable and close your eyes.
- Start to notice your breathing. Take a few slow, deep breaths. Imagine that you are inhaling relaxation, and exhaling tension. Inhale relaxation ... exhale tension.
- Now, let your body sink down into the chair. Feel a pleasant sense of heaviness. Don't worry about whether you are doing it correctly, just let yourself relax into the chair and let your body go limp.
- Gently shift your focus to the muscles of your face. Let all the muscles of your face relax, soften, and become calm. Feel your jaw relax, let it open slightly. Feel your forehead and scalp muscles relax. Let them become smooth and comfortable. Let the muscles around your eyes melt into smooth relaxation.
- Now let the muscles of your neck relax. Let your head sink back into the chair. Let the feeling of relaxation spread down into your shoulders. Let any tension melt out of your shoulders leaving them feeling limp and relaxed. Feel the relaxation move down into your arms. Notice your upper arms, forearms and hands becoming loose and comfortable.
- Let the muscles of your upper body relax. Feel the relaxation spread across your chest and back, and down into your stomach and buttocks. If you become aware of even the slightest holding or tension, let it go, let it sink down with gravity.
- Feel the relaxation flow from your body down into your legs ... into your hips, thighs, knees, calves, ankles, and feet, letting them sink down into the chair or floor. Let your legs and feet feel loose, relaxed, and comfortable.

- Allow your entire body to feel quiet, calm, comfortable, and relaxed. Allow a feeling of well being to fill your body. Let your mind become quiet and relaxed too. Imagine being in a state of serenity and stillness.
- Now in your mind, visit a quiet, peaceful, relaxing place. This place can either be a place you like to visit or it can be a place you create in your imagination. You are very comfortable in this beautiful place, and there is no one to disturb you. Imagine the sights, sounds, smells, and feelings of this place.
- This is the most peaceful place in the world for you. A sense of peace and well being flows through you. Enjoy these peaceful feelings.
- Spend the time you need in this place to feel relaxed and refreshed.
- Note how you feel in this more relaxed state. It's nice to know that you can recapture this feeling anytime you want by going back to this place in your imagination.
- When you are ready to bring your awareness back into the room, slowly count from 5 down to 1, and open your eyes, bringing the relaxed feeling back with you. As you get closer to 1, you can be more alert and refreshed.