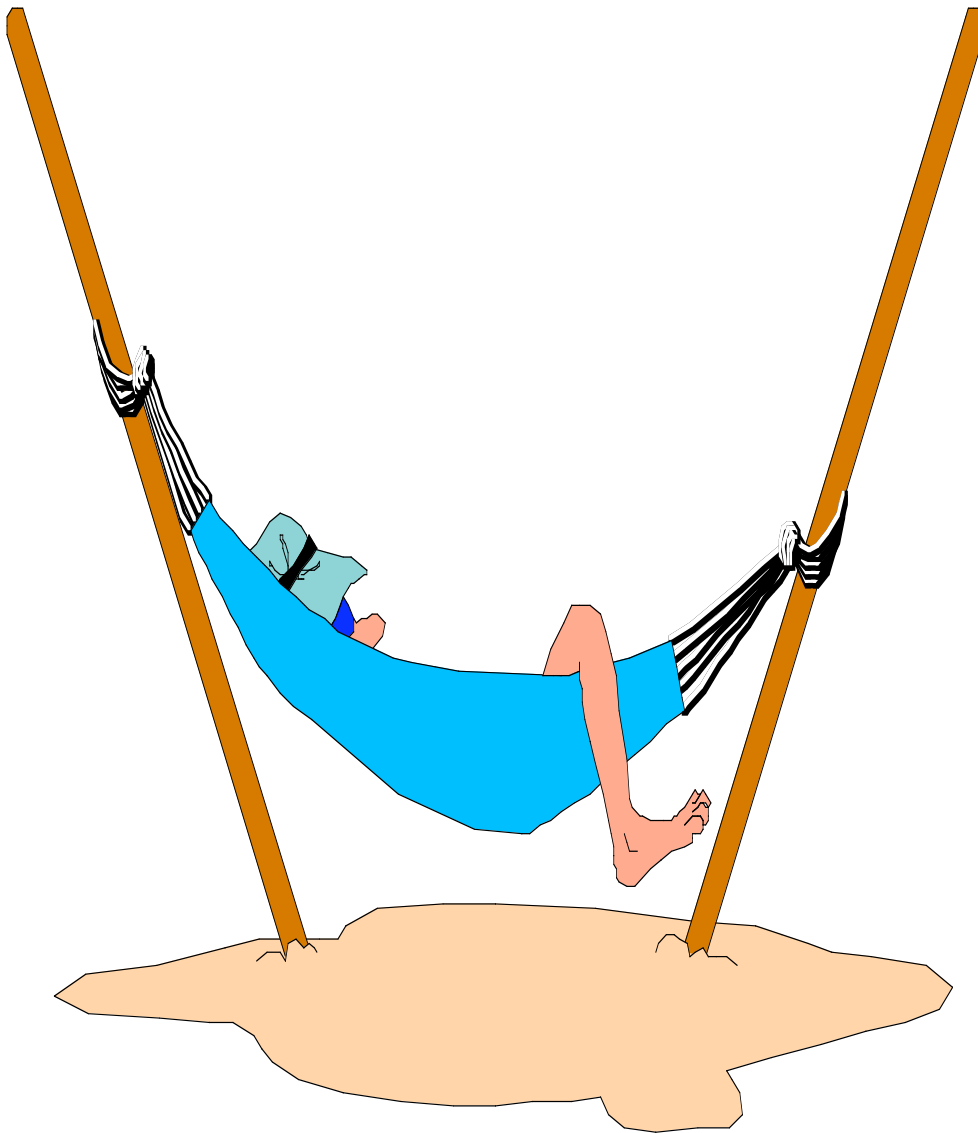
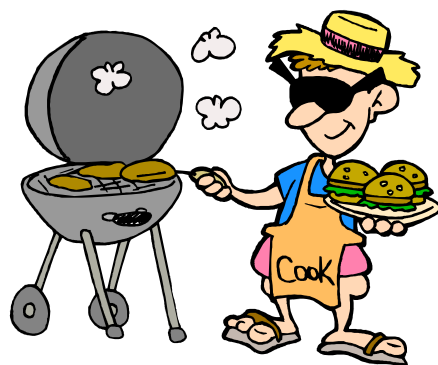


Part 9.

Learning How to Relax.



Learning How To Relax.



What do you like to do to relax...

Learning How To Relax.



Relaxation Exercises.

As well as doing things that help you to relax you can do these relaxation exercises. Learning to relax using these exercises works best when you practice them on a daily basis.

Relaxation Exercises.

- The first number of times ask someone to read the relaxation exercises aloud to you in a calm, relaxed, quiet voice. Ask them to do this until you have learnt the exercises well enough to do them from memory. Alternatively you could tape yourself reading the instructions and replay your tape when you want to do your relaxation exercises.
- Set aside 20 minutes each day to do these relaxation exercises.
- Do these exercises at the same time and in the same place each day.
- Before you begin, remove all distractions (by turning off bright lights, the radio etc.) and loosen any tight clothing (like belts, ties, and shoes).
- Recline on a bed or in a comfortable chair with your eyes lightly closed.
- Before and after each exercise breathe in deeply and exhale slowly three times while saying the word 'relax' to yourself.
- Repeat each exercise twice.

Area	Exercise
Hands	Close your hands into fists. Then allow them to open slowly. Notice the change from tension to relaxation in your hands and allow this change to continue further and further still, so the muscles of your hands become more and more relaxed.

Arms Bend your arms at the elbow and touch your shoulders with your hands. Then allow them to return to the resting position. Notice the change from tension to relaxation in your arms and allow this change to continue further and further still, so the muscles of your arms become more and more relaxed.

Shoulders Hunch your shoulders up to your ears. Then allow them to return to the resting position. Notice the change from tension to relaxation in your shoulders and allow this change to continue further and further still, so the muscles of your shoulders become more and more relaxed.

Legs Point your toes downwards. Then allow them to return to the resting position. Notice the change from tension to relaxation in the fronts of your legs and allow this change to continue further and further still, so the muscles in the fronts of your legs become more and more relaxed.

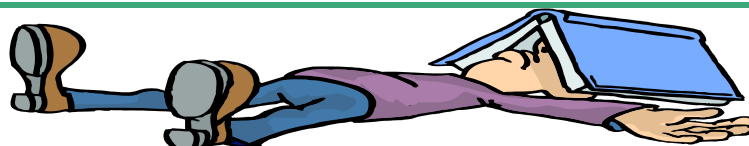
Point your toes upwards. Then allow them to return to the resting position. Notice the change from tension to relaxation in the backs of your legs and allow this change to continue further and further still, so the muscles in the backs of your legs become more and more relaxed.

Stomach Take a deep breath and hold it for three seconds, tensing the muscles in your stomach as you do so. Then breathe out slowly. Notice the change from tension to relaxation in your stomach muscles and allow this change to continue further and further still, so your stomach muscles become more and more relaxed.

Face Clench your teeth tightly together. Notice the change from tension to relaxation in your jaw and allow this change to continue further and further still, so the muscles in your jaw become more and more relaxed.

Wrinkle your nose up. Then relax. Notice the change from tension to relaxation in the muscles around the front of your face and allow this change to continue further and further still, so the muscles of your face become more and more relaxed.

Shut your eyes tightly. Then relax. Notice the change from tension to relaxation in the muscles around your eyes and allow this change to continue further and further still, so the muscles around your eyes become more and more relaxed.



All over

Now that you've done all of your exercises, check that all areas of your body are as relaxed as can be. Think of your hands and allow them to relax a little more.

Think of your arms and allow them to relax a little more.

Think of your shoulders and allow them to relax a little more.

Think of your legs and allow them to relax a little more.

Think of your stomach and allow it to relax a little more.

Think of your face and allow it to relax a little more.

Breathing

Breathe in.....one...two...three...and out slowly,
.....one...two...three...four...five...six...and again.

Breathe in.....one...two...three...and out slowly,
.....one...two...three...four...five...six...and again.

Breathe in.....one...two...three...and out slowly,
.....one...two...three...four...five...six.

Visualising

Imagine you are lying on a beautiful sandy beach and you feel the sun warm your body.

Make a picture in your mind of the golden sand and the warm sun.

As the sun warms your body you feel more and more relaxed.

As the sun warms your body you feel more and more relaxed.

As the sun warms your body you feel more and more relaxed.

The sky is a clear, clear blue. Above you, you can see a small white cloud drifting away into the distance.

It is drifting away and you feel more and more relaxed.

It is drifting away and you feel more and more relaxed.

As the sun warms your body you feel more and more relaxed.

As the cloud drifts away you feel more and more relaxed.

Now relax for 30 seconds.

When you are ready, open your eyes, ready to face the rest of the day relaxed and calm.



Learning How To Relax.

Use this diary to plan some regular relaxation time over the next week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00 am							
11.00 am							
01.00 pm							
03.00 pm							
05.00 pm							
07.00 pm							
09.00 pm							
11.00 pm							

Learning How To Relax.

From completing this part of my guidebook the most important things for me about learning how to relax are...



1.

2.

3.

4.