

Relaxation Technique Suggestions by Belinda Freeman

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Structure

First find yourself somewhere supportive, comfortable and warm to sit.

If relaxation therapy is new to you I suggest somewhere calm too.

e.g.

- An upright sofa or chair,
- Lying in bed,
- Lying on the floor with support under the knees
- The lotus position

Make sure your back is supported.

When you are comfortable with the technique, you can also sit on the train, plane, bus, at work, market etc

Music versus no music.

Relaxation music is not essential and can be a distraction or a focus but the best music is slow and gentle about 60 beats per minuet with not sudden noises. The music may have wave's sounds to enhance relaxation or other sounds of natural origin.

Timing

I suggest you start with half an hour in the day time or if you have difficulty sleeping you can use this technique all night.

If your time is limited, please set your alarm for ½ hour to practice these techniques to avoid distraction of time.

Goal

Your aim is to feel deeply relaxed.

Path to relaxation

Technique No1

Move through each suggestion slowly, taking time to notice your feelings and body reaction and visualising how you feel just before you fall asleep.

Close your eyes and take a long deep breath in and breathe out fully. Allow yourself to become heavy and sink into the bed or floor.

From now on, with each out breath, you are going to allow yourself to become more and more relaxed, and heavier and heavier. As you become more relaxed and focusing on become calmer and calmer, allow you breathing to become slower and more gentle, like a gentle breeze on a hot summers day.

Visualise, in time with each out breath, a melting wave of relaxation flowing through you: from the top of your head, down through your mind and body to the tips of your toes and fingers.

This waves flows through **you** with each out breath and melts away tension in your muscles, releasing your joints, calming your nervous system and sending you into a deeply relaxed state.

With your next soothing out breath, allow that wave of relaxation to focus on your facial muscles and relax them even more deeply. Allow the muscles in your

forehead to become soft and smooth, and releasing any tension between your eyebrows.

With your next melting relaxing out breath allow the muscle around your eyes to soften, your eyelids becoming so heavy and relaxed. The muscles around your eyes releasing and your eyes sinking back into their sockets to focus internally.

With your next out breath allow your jaw to become more relaxed. Allow the cheeks, mouth and jaw to become soft. A little space between your back teeth and your tongue resting on the roof of your mouth, just behind your teeth, so that the whole of your jaw and mouth is completely relaxed, and sinking into an even deeper relaxed state.

With your next slow out breath, allow that soothing wave of relaxation to melt down from your jaw into your neck and throat lengthening the muscles, releasing the joints, so that your neck becomes soft and flexible. Allow your next out breath to relax your shoulder muscles allowing them to sink and become heavy melting any pain or tension and allowing your shoulders to sink.

With your next soothing out breath, allow that wave of relaxation to melt down your arms releasing the elbow, wrist, hands and fingers right down to your finger tips so that your whole arm is loose and floppy.

With your next soothing out breath, allow that wave of relaxation to flow down your spine; calming your nervous system, releasing the vertebra, soothing and relaxing the muscles from the base of your skull to your hips, paying special attention to releasing your low back muscles and allowing your back to become completely relaxed.

With your next releasing, deeply relaxing out breath allow that wave of relaxation to flow down into your chest releasing your rib cage, relaxing your lungs and diaphragm. Allow your breathing to start slowly from your diaphragm, at the base of your rib cage. (When breathing in, using your diaphragm, your tummy rises first, before your chest rises, and your tummy gently and slowly lowers when you breathe out. Rather like a bellows) Use your diaphragm to draw the air deep into your lungs, filling your lungs with oxygen to nourish your body and mind. Allow your breathing to be slow and gentle. Gently drawing you breathe **out** to be almost twice as long as you're **in** breathe, relaxing your lungs and slowing your heart beat.

Allow that blissful wave of relaxation to flow down to your abdomen now.

Releasing you stomach and pelvic floor muscles and sending calming energy to your stomach, intestines, liver, kidney adrenal glands, Allowing the whole of your abdomen to let go and become comfortably relaxed..

With your next slow deeply relaxing out breath, allow this soothing wave of relaxation to flow through your thighs, knees, ankles, feet to the tips of your toes. So that now when you breath out you can melt into an even deeper relaxed state.

Allow the wave of relaxation to flow from the top of your head to the tips of your toes with each out breath melting through your skin, your muscles your nerves

and your bones reaching every cell in your body and calming them. Continue this process until you wake or have to change into a more active role.

To finish

Imagine you are on the Scottish coast or way up in the mountains and take three long deep breaths in of that refreshing, energising air. And with each breath become aware of the sounds around you, your contact with the floor, chair, or bed. Your body is becoming lighter, your eye lids lighter, and slowly coming too. Slowly stretch and move on to your activity, now relaxed.

PRACTISE

You may practise this technique 2/3 x daily or just at night for quality sleep. If you suffer from Anxiety, phobia, depression or insomnia, I suggest you practice throughout the day.

Relaxing is a skill and takes time to become second nature. Rather like learning how to drive a car. It can be difficult at first to focus on your aim, and some days will be more difficult than other, but once you have had enough lessons, you can switch on relaxation when you want it, e.g. to sooth anxiety, to power nap, to reach a higher spiritual state of peace.

Just practice every day whenever you can: Sitting in a traffic jam, on the bus or train, when you pop to the bathroom, while walking, sitting on a park bench. Take time before work, after work, during work.

Allow yourself to become peaceful and serenely relaxed.