Relaxation

1. Remove all distractions and sit or lie in a comfortable position.
2. Choose silence or soft, slow instrumental music that is quiet.
3. Close your eyes and take a few deep breaths.
4. Begin by focusing on relaxing the muscles in your head; your eyes, your ears, your jaw, your mouth.
5. Next slowly relax the muscles in your neck.
6. Think about your shoulders and let them drop, let each muscle relax.
7. Follow down your back relaxing each of those muscles. Make sure the front muscles in your stomach are relaxed as well.
8. Relax the muscles in your upper legs, followed by the muscles in your lower legs.
9. Next focus on your ankles and feet, including your toes.

Between each step let your mind drift to a pleasant and peaceful setting. If other thoughts interrupt, don’t fight them, simply replace them with the peaceful setting again.

Once you have completed the exercise, allow yourself to just drift until you feel ready to do whatever you have planned.