

Relaxation Skills

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Paced Belly Breathing

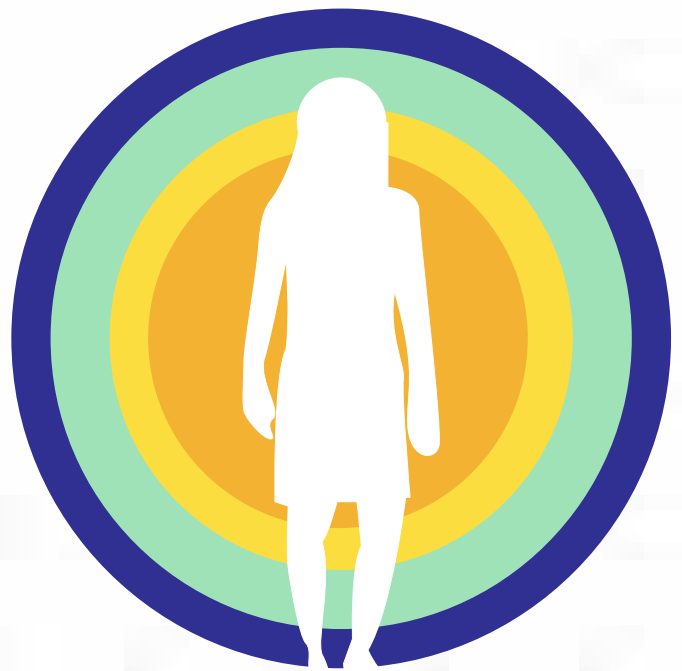
Breathing deeply into your belly helps to tell your body that you are safe and calm. Practice paced belly breathing when you are feeling calm and when you are feeling stressed or anxious.

1. Sit in a comfortable seat in your chair or on the floor either cross-legged or on your shins.
2. Place one hand on your belly and one hand on your chest.
3. Breathe in slowly through your nose for 4 seconds and feel your belly expand
4. Slowly breathe out for 6 seconds through your mouth, letting the air gently leave your body.
5. Repeat 3-5 times, or for as long as you want.

Progressive Muscle Relaxation

Progressive muscle relaxation is the practice of bringing tension into each muscle group in the body then letting go to experience the release of that tension. Practice with each of the following muscle groups one at a time by breathing in, holding your breath and tensing for 5 seconds, then breathing out and releasing the tension.

1. Feet
2. Legs
3. Stomach/
Abdomen
4. Arms and Hands
5. Shoulders
6. Neck and Jaw
7. Face



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Guided Imagery

Guided imagery is the practice of imagining a safe, relaxing place in your mind by bringing an awareness to your five senses: sound, taste, touch, smell, and sight. Think of a place that makes you feel calm and safe and use the guide below to help create your image. Think about this time in moments of stress or anxiety, and remember, this can be any place you want it to be.

Place:

What do you see?

What do you smell?

What do you touch?

What do you hear?

What do you taste?
