

Exercises to release tension, relax and re-generate

Instructions:

Relaxation Exercises

Sometimes we need to take 5 minutes to regain ourselves after we experienced a stressful situation and to stop the situation carrying over into our next activity – a breaking state exercise.

Relaxation using a Guided Fantasy

There are many guided meditations that can be downloaded or purchased in audio form. Here is an example of a guided meditation that you can record yourself & play back or to use with a coach as the guide.

Step 1: When you are comfortable – either sitting with legs uncrossed and feet firmly on the floor or lying if appropriate – close your eyes and listen to the following guided fantasy:

“Think about a place where you can feel totally relaxed and absorbed. This could be snuggled up on the sofa in the evening, with your favourite music playing in the background and a warm glow from the fire. Or it could be going for a walk in the countryside, taking the time to look at some plants on the way and enjoying the weather. Or it might be lying on a beach in the sunshine, listening to the waves lapping the shore.

Spend a moment choosing such a place or activity.

Think about your chosen place or activity.....Have a look around....Are you indoors or outdoors?...What can you see?...What time of day is it?...What season of the year?...Are you aware of what the weather is like?...What colours can you see?...Can you hear any sounds?...Can you smell anything?...Are there things that are pleasant to touch?...If it suits you, walk around.....Or, at least, look in detail at some parts of the scene...Is anyone else there with you?...Or are you just there on your own?...Are you still?...Or are you doing something?...And how do you feel?...Happy?...Excited?...Contented?...At peace?...What does your body feel like?... Warm?... Cool?... Relaxed?...Or full of energy?...Remain aware of your feelings and of your body... And enjoy being there and feeling good...Spend a few moments at this place.....

Now, as you get ready to leave, feel the warmth of some your memories associated with this place....And be aware that this feeling will stay with you when you leave it...You may be a little sad to leave it, but you can always go back there in your imagination.....

Remember that this place is always within you...Just as, in another sense, you are always within it.....

And now, when you are ready, become more aware of your surroundings in this room....

And, in your own time, gradually open your eyes, stretch a little and re-orientate yourself within this room.”

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Relaxation Exercise to induce sleep

Step 1: When you are comfortable and ready to sleep, close your eyes and imagine that there is a blackboard in front of you.

Step 2: Looking at the blackboard write the number 100 on it and then with your other hand, moving your hand from left to right rub the number out, watching your hand all the time.

Step 3: Repeat step 2 as you count down the numbers

This form of relaxation works as it uses a non-stimulating activity, it is focused, crowding out all other thoughts, it uses the most effective form of hypnosis and it simulates rapid eye movement.

Each time you wake in the night repeat this exercise.