

Relaxation Technique

Lie down, and get comfortable; close your eyes.

Do a few cycles of Four Square Breathing.

Tell yourself (slowly and silently) that you are going to relax, and that your mind is blank. It's helpful to repeat things to yourself at least one time.

- "I'm going to relax. My mind is blank. I am not thinking about anything." Picture a broom sweeping out your head!

Then systematically picture and tell yourself to relax each part of your body:

- "I'm relaxing my toes; my toes are relaxed. I'm relaxing my toes; my toes are relaxed."

Do the same for your feet, heels, ankles, shins, calves, knees, etc. Breaking your body down into such small parts helps to lengthen the process and helps you relax more.