

Introduction to relaxation (by Williamon, 2011)

- Sit down. Put your feet flat on the floor, with your hands placed easily on your lap. Close your eyes.
- First, pay attention to the sounds outside of the room; then, within the room; then, notice your own thoughts
- Pay attention to the contact you make with the chair and floor and notice your breathing.
- Take a deep breath in for four counts; hold it for four and let it out slowly to the count of either four or eight
- As you continue to breathe, easily pay attention to the muscles around your face. As you exhale, imagine all tension draining away through your shoulders and on through your arms, wrists, hands, and fingers
- Notice how your chest relaxes, as well as your back, and your stomach, waist and pelvis
- Pay attention to your thighs and notice any tension you may find in them. On your next outbreath, imagine all of the tension draining away through your knees, calves, ankles, feet and into the floor, leaving you calm, relaxed and alert
- Remain in this state for a few minutes before taking three deep breaths, stretching and opening your eyes.