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<th>RELAXATION TECHNIQUE</th>
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| DEEP BREATHING           | When you feel stressed, your breathing becomes faster and shallow. A deep breathing exercise enables you to take fuller, slower breaths, increasing oxygen intake, allowing you to feel more relaxed and less anxious. | 1. Breathe slowly in through your nose, lifting your lower rib cage off your waist.  
2. Feel your core engage.  
3. Exhale slowly through your mouth, fully relaxing your abdomen. |
| MANTRA                   | A word or phrase you silently repeat to yourself that quiets the mind and promotes deep rest. Mantras can help people who wake up and worry at night. A Mantra is also useful to help you let go of any negative thoughts about sleep, if practiced five minutes before going to bed. | 1. Choose a couple of words that you associate with relaxation such as peace, feather, snowflake, cloud, dolphin etc.  
2. Close your eyes and string two of your words together that sound appealing.  
3. Gently repeat the phrase to yourself over and over. Exhale fully after each two-word phrase. |
| VISUALIZATION            | In this relaxation technique, you form mental images to take a visual journey to a peaceful, calming place. The visual imagery allows you to experience pleasant scenes, sights, sounds, etc, based on your past memories, helping to quiet your mind. | A few examples are:  
1. Sleep Countdown Imagery: Start at 50; picture and concentrate on the number. Then proceed backwards to number 49, concentrate on that number, then move to 48 and continue the sequence.  
2. Story Imagery: By focusing on a story, your mind can let go of worries. Visualize a scene, story or memory that you find calming. Create the scenario in your mind - visualize the details. If your mind wanders, acknowledge, and go back to the story.  
3. Scenery Imagery: Visualize a scene or place that is relaxing or a good memory. For example: a beach, waves rolling in, clouds floating, hot air balloon. Continue to focus on this scene.  
4. The Floating Bed: Imagine lying on a pool float. As you lie there, your float begins to grow and become lighter. The float drifts upward into the clouds. Looking down you see your house. The experience is not scary or exciting; in fact, the sensation of floating is deeply relaxing. |
| MEDITATION               | Meditation is a “mental exercise” such as concentration on one's breathing, quiet contemplation, or repetition of a mantra. The goal is to passively observe your thoughts without reacting to them. Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. | 1. Close your eyes and focus on your breath.  
2. Visualize the flow of air as it passes through your mouth, airway, deep into your lungs and back out.  
3. If your mind wanders, gently redirect your attention back to your breath. |
| PROGRESSIVE MUSCLE RELAXATION | This practice involves tensing and relaxing muscle groups. The state of muscle relaxation is achieved by being aware of the contrast between the state of tension and relaxation. This exercise will help you focus on muscle groups that are prone to carrying tension. | Common practice is to start at the feet and work your way up to the face.  
1. Get comfortable in a quiet environment and take a few minutes to relax and deep breathe.  
2. When you are relaxed, focus your attention on your feet. Slowly tense the muscles in your feet, squeezing as tightly as you can. Hold for a count of 10.  
3. Relax your feet and focus on the tension flowing away. Feel the way your feet become limp and loose. Stay in this relaxed state for a moment, breathing deeply and slowly.  
4. When you are ready, shift your attention to your calves and follow the same sequence of muscle tension and release.  
5. Move slowly up through your body, repeating this exercise for each muscle group. Follow this order after your feet: calves, thighs, hips and buttocks, stomach, chest, back, arms and hands, neck & shoulders, face. |