

Relaxation Exercises

What affects the mind, affects the body – and vice versa. Relaxation exercises interrupt mind/body stress by deactivating, slowing down all body systems including the respiratory system, the heart or vascular system, the digestive system, the endocrine system, reproductive system, and the excretory system.

When all body systems slow down and proper oxygenation is taking place, biochemistry stabilizes and the individual feels refreshed, renewed, less muscle tension and pain, and experiences lowered anxiety and depression symptoms as well.

Individual Relaxation Exercises may involve:

- Body scanning
- Creating a voice tape
- Deep breathing
- Focused breathing
- Guided Imagery
- Letting go
- Meditation
- Memory
- Music
- Positive suggestions
- Sensory experiences