

## **Rapid Relaxation Exercises**

These are things you can do in a minute or two to feel more relaxed. As you start, take a moment to do a simple check-in of your emotional state, your thoughts, and what you are feeling in your body. Just notice what is happening, without judgment or expectation.

### **Abdominal Breathing**

Abdominal breathing is the one of the most effective ways to relax quickly. By breathing with your diaphragm you will immediately signal your autonomic nervous system to relax. Place one hand on your belly and one on your chest. Take some slow, deep breaths into the belly. It's helpful, but not essential, to breathe in through the nose and out through the mouth. If you are doing abdominal breathing correctly, the lower hand should move as much or more than the hand on your chest. Continue this slow, deep breathing for a couple of minutes, imagining the breath calming your body and clearing your mind. Notice how you feel.

### **Cook's Hookup**

With legs extended, cross your left ankle over your right one. With your arms outstretched, cross your right wrist over your left one, then turn your hands so the palms are touching, clasp your fingers, and twist your hands down and toward your ribs, and rest them on your chest. Hold this. Once you have learned the technique, you don't need to use the hands if you prefer not to. position for two minutes as you breathe through your nose. On the in-breath, push your tongue against your upper palette, and on the out-breath push it against your lower palette. When the two minute period has elapsed, take a minute to notice what you experience in your body.

### **Quick Tensing and Relaxing**

Tense your feet and lower legs and thighs and buttocks, pelvic muscles, abdomen, and lower back muscles. Hold them tightly for a few moments and notice the tension. Then release the tension completely and let all those muscles soften and become supple and relaxed.

Tense your hands, forearms, upper arms and shoulders, belly, midriff, middle and upper back, and facial muscles, and take a breath in so your rib cage is full extended. Notice how that feels, then release the breath and soften all those muscles, letting them become supple and relaxed. As you continue to breathe, focus on releasing, softening, letting go. Let the tension continue to flow out with every out-breath.

### **Creating a Symbol of Relaxation**

When you are practicing relaxation, choose an image that conveys peace, comfort, or mental and physical letting go. This image can be anything you choose. You may think of the seashore, or a favorite spot in nature. It may be an image like the sun, a rope untwisting, ice melting, or a soothing color. It may be the face of a pet or of someone you love.

Every time you do relaxation, call up that image as you are becoming relaxed. Allow the symbol to grow and fill your awareness. Let all of the qualities of that symbol come to mind, and imagine them moving through your body on the rhythm of your breath. As you practice this more, you will be able to close your eyes anywhere and relax quickly by calling up your symbol and filling your awareness with it for a few minutes.