



The Relaxation Response

- Sit up in a comfortable position
- Close your eyes
- Progressively relax all the muscles in your body
- Begin to breath slowly, inhaling through your nose and exhaling through your mouth
- As you exhale, repeat your chosen word or phrase. (Something peaceful or relaxing). If thoughts keep intruding do not dwell upon them. Simply note them and continue to repeat your chosen word.
- Continue doing this for 10-20 minutes
- Practice this technique during the day