

Relaxation



Taking time to relax is very necessary for everyone and an important part of taking good care of yourself. This is one simple relaxation exercise for relaxing the physical body. If you want to experience a deeper mental relaxation you can also take a look at meditation.



Relaxation Exercise

Get in a comfortable position. I prefer lying down but some people may prefer sitting up. Either way make sure your body is fully supported.

During the exercise try not to think of anything but the sense of your body tensing and relaxing.

Starting with your toes. Feel your toes. Give them a wiggle.

Then tense your feet - stretch them out.

Relax your feet, give them a shake. Wiggle your toes.

Move up to your shin. Tense your shin (try stretching your feet a bit harder if you haven't a clue how). Relax your shin, wiggle your feet and toes.

Move up your body slowly tensing and relaxing your muscles.

Thigh, buttocks, stomach, chest. Don't forget arms and shoulders.

Neck. Face muscles (pull faces to tense if you like).

Go slowly so you are feeling your whole body tense and relax.

When you have reached the top of your head wiggle your toes..... you should now feel your whole body relaxed.

It may take practice and some people may find they have to try a few more times than others but it does work. Eventually you should reach the point of just thinking or doing 'wiggle your toes' to be relaxed.

