

Relaxation for the whole body

- Sit comfortably in a chair, arms comfortably relaxed beside you or with your hands in your lap, and soles of the feet flat on the floor.
- Close your eyes.
- Listen to music if you wish.
- Breathe in and out slowly and gently, ensuring that you use your chest, diaphragm and abdomen.
- Breathe in slowly and, as you do so, curl your toes. Feel the tension in them.
- As you breathe out allow your toes to relax and notice how different they feel now.
- Now breathe in and as you do so tense the muscles in your feet and ankles.
- Gently rotate each foot in both directions.
- Next, tense the muscles in the calves of your legs and relax them, still paying attention to your breathing.
- Tense the muscles in your upper legs by pressing your knees together hard and feeling the tension along the inner thighs.
- Move up through your body, tensing and relaxing each group of muscles as you go, feeling the difference and noting how your muscles feel when they are in a relaxed state.
- Feel the strength and tension in your abdominal muscles.
- Move each shoulder in turn. Pull the right shoulder up towards the ear, and then relax. Repeat with the left shoulder, and relax. Repeat once more, then hunch both shoulders towards the ear lobes, relax and repeat.
- Sit tall in your chair, with arms relaxed by your sides. Pull the shoulders down, lengthening the neck as you do so. Relax and feel the tension in the shoulders disappear.
- Raise your lower arms to shoulder level in front of you with elbows bent. Move your arms back towards your spine, tensing the muscles around your shoulder blades as you do so. Then relax and bring your arms forward again.
- Relax the muscles in your hands and fingers by making your hand into a fist, then opening out the hand and stretching the fingers as far as possible.
- Sit tall in your chair with your chin parallel to the floor. Gently tilt your chin towards your chest and then return your head to its normal position.
- Relieve tension in the jaw by clamping your teeth together and then relaxing the jaw muscles. Allow your mouth to open to its fullest extent, stretching and relaxing the muscles of the jaw and mouth as it does so.