Relaxation Exercises - Script

1) Deep breathing

- Soon I’ll ask you to take three deep breaths in and with each one, hold it for 2 seconds, and let it out slowly, then you’ll relax and just notice your breathing.

Ready?
Ok take a deep breath in... and hold for 2 seconds.. let it out slowly
Do this for 2 more breaths
Ok, now take 5 deep breaths in and out at your own pace
Now as you keep breathing at your own pace, imagine the air going deeper, filling in the bottom of your lungs first, and then the top of your lungs at the end
Relax your tummy as you breathe IN
Relax your body as your breathe OUT
Take a moment to scan your body and release any tension
Wake yourself by stretching and being aware of the room around you

2) 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.