

3 Minute SELF-RELAXATION

DO NOT PRACTICE THIS EXERCISE WHILE DRIVING, WORKING WITH MACHINERY, OR ENGAGED IN ANY ACTIVITY THAT REQUIRES YOUR FULL ATTENTION.

Twice a day, at the most convenient times, you can relax yourself for 2 to 3 minutes, and then wake up feeling rested. Here is how:

1. Sit in a comfortable chair with your back supported. Focus your attention effortlessly on a spot opposite you, slightly above eye level. Keep your head straight.

Take three slow, deep breaths. As you inhale on your third breath, hold it for three full seconds as you count backwards: 3... 2...1. Close your eyes, exhale and think relax, relax, relax. Allow yourself to go into a sound, peaceful restful state.

2. You will remain relaxed for approximately 2 to 3 minutes by counting down slowly from 25 to 1. (It helps if you allow yourself to visualize or imagine each number in some way as you count backwards). Take a breath, count out loud and say to yourself

“I am calm, I am relaxed.”

3. When you reach the count of 1... Just count forward from 1 to 3 and you will awaken refreshed and alert, ready to go about your business in an energetic, enthusiastic way.

Note: If you are trying to go to sleep, do not count forward from 1 to 3. Instead, when you reach the number 1, simply stop and say to yourself.... “Deeply, deeply, deeply relaxed.... ready to sleep.”



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