RELAXATION SKILLS

Mind

Body

BREATHING
Deep breathing, or diaphragmatic breathing, activates the relaxation response by slowing the heartbeat and stabilizing blood pressure.

MEDITATION
Concentrating on a single repetitive action, such as the breath, and allowing thoughts and sensations to surface without judgment

VISUALIZATION
Engaging all 5 senses and Imagining a peaceful, restful place where the mind and body can relax

PERFORMANCE REHEARSAL
Mentally rehearsing and preparing for a stressful event or situation and envisioning success

BODY SCAN
Focusing on sensations in the body and passively releasing tension or discomfort

PROGRESSIVE MUSCLE RELAXATION
Actively tensing and relaxing muscle groups throughout the body

AUTOGENICS
Listening to and repeating phrases that suggest a sense of warmth, heaviness, and relaxation