



## **Rapid Relaxation Techniques**

Relaxation is like everything – the more you practice, the easier it gets. Regular relaxation helps you to keep calm and think clearly.

Try these quick stress busters for yourself, teach them to your child, or even do them together!

### **Method One. Melt**

Lie or sit comfortably, and allow your breathing to become slow and even. Now concentrate on your hands and arms. Don't tense them. Just concentrate on allowing all the tension to drain away from them. Continue concentrating like this on each part of your body in turn, in this order:

Hands and arms – shoulders- neck and head – face – back and stomach – legs and feet.

Let all the tensions drain away, without tensing first. Enjoy the feeling of relaxation you have produced for a few moments or more if you have time, then slowly let yourself be more aware before you resume your normal activity.

### **Method Two. Tense and Relax**

Lie or sit comfortably, allowing your breathing to become slow and regular. Now, all at the same time, deliberately, tense up tightly, your whole body, and hold it for a few seconds – hands, arms, shoulders, neck and head, face, back and stomach, legs and feet. Then suddenly, let it all go, and allow relaxation to take over. Repeat the whole process once more if necessary. Enjoy the relaxation for a few moments or longer if you have time, then finish off your session as before.