



**Give us
a break!**

Resource sheet 17

Mental relaxation

1. Make yourself comfortable, lying or sitting down.
2. Begin by clenching your right hand into a tight fist and at the same time taking a deep breath, take a really deep breath and hold it – feel the tension in your right hand and forearm and in your lungs – hold your breath – feel all the tension – and breathe out and relax your hand and feel your body relax. Close your eyes and relax comfortably – feel heavy, warm and relaxed, without any effort.
3. Let your whole body relax more and more deeply as you breathe smoothly and slowly, using your stomach. Feel yourself becoming more heavy, relaxed and warm each time you breathe out slowly and smoothly using your stomach.
4. Relax your muscles deeply as I name the different parts of your body.
5. Relax your forehead; your face; your eyebrows; your eyelids are heavy and relaxed; relax your mouth; your tongue and your jaw.
6. The more you relax, the heavier your body will become. All your muscles become heavier and heavier – a feeling of warmth and heaviness is spreading throughout your whole body.
7. Relax your neck; let your shoulders drop and feel heavy, warm and relaxed.
8. Let the relaxation spread to your arms, all the way out to the tips of your fingers.
9. Let it spread through your back and lower part of your body. Notice the feeling of complete relaxation. Breathe smoothly and slowly from your stomach, feeling more heavy, limp and slack each time you breathe out slowly and smoothly from your stomach.
10. Let all thoughts and noises drift through your mind like passing clouds. Nothing disturbs your deep relaxation – there is nothing that makes you feel worried or uneasy. Everything feels calm and peaceful.



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Resource sheet 17

Continued

11. Notice how heavy and relaxed your body has become. When your body is completely relaxed you cannot be bothered to move a single muscle.
12. Continue to breathe slowly and smoothly, using your stomach. Each time you breathe out, you feel as if you are sinking down deeper and deeper. It feels good to let things drift through your mind like passing clouds – and to let yourself drift deeper into a heavy, warm and comfortable feeling of relaxation.
13. Continue to relax on your own for a while (2 minute pause).
14. Now you can listen to me again. Each time you relax like this you will find that it becomes easier and quicker for you to relax more deeply. You will notice that this type of relaxation gives you complete rest, both physically and mentally. After each session you will feel rested, calm and alert.
15. Feel yourself becoming more alert now. Before you open your eyes, take some really deep breaths and stretch your whole body like a cat. Feel completely alert and well in every way as you open your eyes.