



Relaxation Technique

From: The Arthritis Foundation

1. Get as comfortable as you can. Put your arms at your sides, relaxed, with feet on the floor. Close your eyes and take a deep breath. Think to yourself, *"I am now going to relax completely. When I finish this exercise, I will feel fully refreshed."*
2. Think about your feet, wiggle your toes, flex your ankles. Then let go. Let go of all the tension and let your feet rest limply.
3. Think of the lower part of your legs, knees, thighs and hips. Imagine them sinking into the floor feeling warm, heavy and relaxed.
4. Now, think of your hands. Wiggle your fingers and flex your wrists. Then let go and relax.
5. Think of your lower arms, elbows, upper arms and shoulders. Picture all the tension just melting away.
6. Think about your abdomen. Let the tension go and allow your breathing to flow smoothly and deeply.
7. Think about your stomach, chest, throat and neck. As you continue breathing deeply, imagine all the tension flowing out as you relax more and more.
8. Now, think about your throat, neck and head feeling limp and relaxed. Relax your facial muscles. Drop your jaw, part your lips and teeth slightly and picture yourself becoming more and more relaxed.
9. If you are aware of any remaining tension in your body, mentally go to that area and release the tension.
10. Continue to remain in this relaxed state for a few minutes. You may think of pleasant thoughts, erase your mind or focus on your even breathing.
11. When you are ready to end the exercise, say to yourself, *"I have been deeply relaxed. I am now ready to be more alert yet feeling completely relaxed and refreshed."*
12. Whenever you're ready, take a deep breath, open your eyes and stretch, slowly circle your wrists and ankles, and then gently shake your arms and legs. Slowly get up and you are ready to continue with your activities.