

# BASIC RELAXATION SKILLS

## SKILLS THAT TARGET BOTH MIND & BODY

### *Breathing*

Focusing on deep, gentle, diaphragmatic breathing in a steady rhythm. The quickest way to activate the Relaxation Response.

## SKILLS THAT TARGET THE BODY

### *Body Scan*

Mentally scanning over the body to find tension or discomfort and passively releasing it

### *Autogenics*

Mentally repeating phrases such as "My arms are heavy and warm," or "My jaw is loose and slack" while focusing on the particular part of the body

### *Progressive Muscle Relaxation*

Tensing and relaxing different muscles or muscles groups throughout the body.

## SKILLS THAT TARGET THE MIND

### *Meditation*

Passively and uncritically focusing the mind on one thing at a time such as the breath observing thoughts rather than judging, rejecting, or dwelling on them.

### *Visualization*

Taking a mental trip to the beach, mountains or other peaceful relaxing scene where the mind and body can relax or imagining a strong box to lock away worries in.

### *Self-hypnosis*

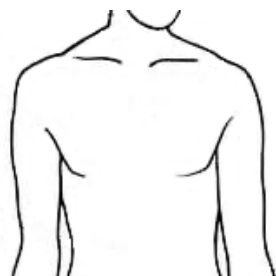
Thinking or listening to phrases that promote positive change in thoughts or behaviors while in a state of deep relaxation, in which the mind is more open to change.

### *Performance Rehearsal*

Visualizing an upcoming performance or other stressful situation in order to perform, act, or feel in a desired way.

### *Thought Stopping*

Using a strong mental cue like "Stop" or "Not now" to stop the flow of thoughts and focus on breathing instead.



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