

# AUTOGENICS

Autogenics involves passive concentration on parts of the body while mentally repeating phrases suggesting **warmth, heaviness, and relaxation** such as “my arms are heavy and warm” or “my jaw is loose and slack.” The theme of heaviness promotes muscle relaxation, and the theme of warmth promotes improved blood circulation in hands and feet. Over time autogenics training can lead to an automatic response of relaxation by just thinking about heaviness or warmth and become an effective antidote to stress.

## Benefits

Autogenics is effective in reducing fatigue, tension, high blood pressure, racing heart, irritability, and painful symptoms such as headaches. It can also reverse the fight-flight or freeze state associated with panic attacks.

Find a comfortable position either sitting or lying down. Uncross your legs, and place your hands palm down and flat beside your body. It is easier to concentrate with your eyes closed.

Try to imagine the sensation suggested in the formula as fully as possible. It isn't important that you actually feel the sensations, just notice what sensations you do feel. For example your limbs may feel lighter and tingly as you relax rather than heavy and warm.

## Autogenic Phrases:

<b>Right Hand</b>	Heavy, Heavy and Warm	<b>Entire Face</b>	Smooth, Smooth and Relaxed
<b>Left Hand</b>	Heavy, Heavy and Warm	<b>Neck</b>	Loose, Loose and Relaxed
<b>Right Arm</b>	Heavy, Heavy and Warm	<b>Shoulders</b>	Heavy, Heavy and Relaxed
<b>Left Arm</b>	Heavy, Heavy and Warm	<b>Back</b>	Heavy, Heavy and Relaxed
<b>Right Leg</b>	Heavy, Heavy and Warm	<b>Chest</b>	Light, Light and Relaxed
<b>Left Leg</b>	Heavy, Heavy and Warm	<b>Breathing</b>	Slow, Slow and Smooth
<b>Scalp</b>	Smooth, Smooth and Relaxed	<b>Heartbeat</b>	Calm, Calm and Strong
<b>Forehead</b>	Smooth, Smooth and Cool	<b>Stomach</b>	Calm, Calm and Relaxed
<b>Eyes</b>	Soft, Soft and Relaxed	<b>Mind</b>	Calm, Calm and Clear
<b>Jaw</b>	Loose, Loose and Slack	<b>Whole Body</b>	Warm, Warm and Relaxed

## More Information

Inner Health: <http://www.innerhealthstudio.com/autogenics.html>  
Stress Relief Tools: <http://www.stress-relief-tools.com/autogenic-relaxation.html>

Counseling & Psychological Services



Stress Management &  
Biofeedback Services

Brigham Young University