Simple relaxation exercise

Preparation

- This exercise involves using imagery or sound so to prepare start to bring to mind what image or sound you'll use.
- If this is an image, bring to mind a pleasant, calming scene. This will be unique to you but ideas could include being on a secluded beach or sitting in a field in the sun. The image can be anything that soothes you.
- If you're using a sound find a soothing sound like waves on a beach, a crackling fire or the word 'serene'. The sound can be anything that calms you.
- If your mind wanders during this exercise simply bring it back to your image or sound.
- Stay in this exercise for as long as you need until you feel relaxed, calm and refreshed.
- Once you've finished allow yourself to sit quietly, enjoying these sensations, bringing your attention back to the room at your own, gentle pace, without rushing.
- Sit in a comfortable position and if you feel comfortable to do so close your eyes and let's begin.

Guided exercise

- Firstly, bring your attention to your breath.
- Take a slow, deep breath in, feeling the muscle beneath your rib cage move.
- Now let it out slowly. Aim for a smooth pattern of breathing
- While you continue to breathe slowly, imagine your body becoming more and more heavy.
- Scan your body for tension starting at your feet and moving up through your body to your shoulders and head. If you find any tension, try to let it go and relax that part of your body.
- Now, while your body is feeling as heavy and comfortable as possible, become aware of your breathing again
- Breathe in through your nose, and fill your lungs fully.
- Now, breathe out again and bring to mind your tranquil image or sound, breathing easily and naturally as you do
 this.
- Breathe in through your nose, filling your lungs, right down to your diaphragm, and out, thinking of your soothing image or sound.
 - When you're ready to breathe in again, repeat the cycle, and continue for as long as needed.