

AUTOGENIC RELAXATION

Autogenic means something that comes from within you. In this relaxation technique, you use visual imagery and body awareness to reduce stress. You repeat words or suggestions in your mind to relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing a body part.

Close your eyes and sit or lie in a comfortable position, in a quiet space. Turn down bright lights.

- Beginning with your toes, imagine a warm wave of relaxation moving up through your entire body.
- Mentally relax your toes and feet. Relax them completely.
- Feel the relaxation moving up the legs; the calves, the knees, and the thighs.
- Feel the relaxation coming up into the hips and buttocks.
- Relax the abdomen and all the organs of digestion.
- Relax the back and feel the tension slowly releasing from each part; lower back, mid back, upper back. Allow the chair or floor to support you. As the body relaxes, feel as though you are sinking into it.
- Bring your attention to your fingers. Then relax the hands.
- Feel the relaxation moving up the arms, relaxing the wrists, forearms, and then the upper arms.
- Feel the relaxation coming into the chest. Your breath is slow, steady and relaxed. Your heart is relaxed.
- Relax your shoulders.
- Feel the wave of relaxation moving up the neck. Relax the muscles at the back of the throat.
- Relax your cheeks and jaw. Let the tongue rest softly on the upper palate of the mouth,
- Let your eyes roll back deep into the bases of their sockets. Relax the eyes and eyebrows.
- Relax the forehead, and the scalp.
- Relax your mind.
- Come fully into the present. Observe the inhalation and exhalation of your breath.
- Your entire being is in a deep state of relaxation, balance and peace.
- Allow the mind and body to remain in this state of relaxation for a few more minutes.
- Gradually open your eyes and bring this mindfulness and state of relaxation into rest of your day.