

### **Relaxation Technique # 2 – Progressive Muscle Relaxation for Stress : Teacher Narrates**

- Take a few moments to relax, breathing in and out, slow deep breaths
- When you're relaxed and ready to start shift your attention to your right foot. Take a few moments to focus on how it feels.
- Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10.
- Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes loose and limp.
- Stay in the relax state for a moment, breathing deeply and slowly.
- When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release.
- Move slowly through your body contracting and relaxing the muscle groups as you go.
- Continue in this sequence: Right leg, left leg, right arm and hand, left arm and arm, neck and shoulders.

### **Relaxation Technique # 3 Visualization for Stress Relief: Teacher Narrates**

- Find a quiet, relaxed place in your mind. Let your worries drift away.
- Imagine your restful place. Picture it as vividly as you can- everything you can see, hear, smell, and feel.
- Suppose you are thinking about a dock on a quiet lake
- Picture yourself walking slowly around the dock
- Notice the colors and textures around you
- Spend some time exploring each of your senses
- See the sun setting over the water
- Hear the birds singing
- Smell the pine trees
- Feel the cool water on your bare feet
- Taste the fresh, clean air
- Enjoy the feeling of deep relaxation that envelopes you as you slowly explore your restful place.
- Breathe deeply, in and out.
- When you are ready, gently come back to the present feeling relaxed, rested and ready to pursue the rest of the day's activities.