

How to unwind in 10 minutes or less

June 2014 Newsletter



Have you ever tried relaxing to slow, soothing words? Below, you'll find a script to help you do just that.

Ways to use the script

Get to know the directions in the script. Soon you'll be able to relax on your own just by going through the steps in your mind. Or, record yourself reading the script. Then play the recording when you want to take a timeout.

You can also ask a friend to read the words to you while you relax. Then you can switch roles.

Relaxation script

Here's the script. Give it a try and see if you enjoy the benefits of relaxation. Remember: It needs to be read at a slow, calming pace.

You may want to set an alarm or timer so you don't have to look at a clock while you're trying to relax.

Start reading here:

Find a quiet spot and sit or lie down in a comfortable position. Close your eyes.

Begin by breathing deeply, drawing air in... deep into your lungs... and letting the breath out slowly....

Breathe in....2....3....4... Hold...2....3.... Exhale....2....3....4....5...

Again....2....3....4.... Pause....2....3.... Exhale....2....3....4....5....

(Continue taking slow, regular breaths.)

Now turn your attention to your right hand. Feel the skin on the palm of your right hand becoming warm and relaxed. Feel the warmth in each finger.... and on your palm....spreading to the back of your hand.... to your wrist.... feel your right arm becoming warm..... Your right arm is starting to feel very heavy.... and very relaxed. Your right arm is warm, heavy and relaxed.

Now focus on your left hand. Picture placing your left hand into soothing, warm water. Feel the warmth relaxing your hand. Let your wrist enter the warm, calming water..... and relax. Your arm is becoming heavy. Allow your left arm to sink into the warm water. Your left arm feels warm, heavy and relaxed.

Now turn your attention to your legs. Feel your legs becoming warm. Feel the warmth spreading all the way from your feet.... to your ankles.... lower legs....knees....and hips. Feel your legs becoming heavy.... very heavy and very relaxed.

Your legs are warm....heavy.....and relaxed.... Imagine a warm breeze blowing across your face.... feel your face and head relaxing....

Picture the sun shining down on you....warming the front of your body.... allow your chest and stomach to relax in this warmth.... feel the sun shining....warming your skin....relaxing your body.... as your body is filled with heavy, warm, pleasant relaxation.

Your whole body is warm....heavy.... and relaxed... Notice your smooth, even breathing....relaxed and deep....drawing you even deeper into relaxation.... Your body feels very heavy....warm....and relaxed....

(Enjoy the relaxation for a few more moments...)

Now slowly begin to bring your attention back to the present..... notice the surface you're lying or sitting on.... hear the sounds in your environment.....

Gently start to reawaken your body.... wiggle your fingers and toes....move your arms and legs a little.... stretch if you like.... When you're ready, open your eyes.... and become fully alert.