

Relaxation

This exercise is based on controlled breathing and relaxing the muscles of each part of your body. You should aim to practice this everyday to improve your overall level of relaxation and reduce any stress you may be feeling.

You should listen in a familiar place where there are no distractions. You should be sitting comfortably. An armchair is ideal. Sit with both hands in your lap. The exercise will take about ten minutes.

At the end of the exercise, take a few moments to 'wake up' yourself and your muscles by moving and stretching hands, arms fingers and toes.

You can choose between two different voices which talk you through the relaxation exercises. One voice is male, the other female. Please use the voice you are most comfortable with.

Occasionally relaxation makes some people feel anxious or restless, if this occurs do not worry. Try to wake yourself up and stop using this relaxation CD. Tell your therapist about the problems you have experienced next time you meet.