



PROGRESSIVE RELAXATION TECHNIQUE

THE BASICS

CHOOSE A PLACE & TIME. Find a quiet place, somewhere you won't be interrupted or disturbed. It can be a good idea to try different times of day to find what works best for you.

FIND A COMFORTABLE POSITION. It's recommended that you sit upright in a comfortable position - leaning against a wall or in a chair can be good when you're starting out. You can also lie down in a comfortable position, but make sure you're not that comfortable that you'll fall asleep. Let your hands rest loosely in your lap, or by your side.

MAKE IT REGULAR. Meditation takes time to learn and regular practice will enable you to experience the full benefits.

THERE IS NO 'RIGHT WAY'. An important thing to remember is that your mind will wander - that doesn't mean you're 'doing it wrong' or 'can't do it'. Try not to judge or get frustrated by the wandering - this is part of the process.



HELPFUL APPS:
SMILING MIND, HAPPIFY, THE MINDFULNESS APP, CALM, HEADSPACE, STOP, BREATHE & THINK.

THE STEPS

1 Set your goal or intention for each meditation - think of the benefits you hope to achieve and what that will mean to others in your life.

2 Once comfortable, gently close your eyes and become aware of your breathing. Where in your body rises and falls with each breathe? Notice how long or short your breathes are. Take a few a long, slow deep breathes in through your nose, hold & exhale through your mouth.

3 Allow your breathing return to normal. Starting at your toes & feet curl your toes down and tense the muscles in the soles of your feet as you breathe in, hold and then release as you breathe out. Feel the tension wash away as you exhale. Move slowly up your body to your lower legs, upper legs, buttocks, stomach, back, hands, arms, shoulders, neck and head. As you release feel that area become heavy and still.

