

Relaxation Scripts

Breath -Focused Relaxation

[Beginning]

Take a deep abdominal breath in through your nose... hold it a moment... now breathe out completely through pursed lips then just allow your breath to come naturally to you.

As you breath in.... invite its nourishing warmth into all parts of your body or, you may direct your breath to parts of your body that need comforting

As you breath out, let the tension go ... into the room where it disappears.

... allow any tension you are aware of to flow out with each out breath...

... pause after each out breath until the next in-breath is ready to begin...

[Middle]

As you breathe in... say to yourself, “in, two three” As you breath out ... say to yourself, “out, two, three.”

Simply focused on your breath.....on the in breath ... on the out breath ... or on both....

[long pause] ...If you become distracted by your thoughts, simply go back to your focus [long pause]. If you have become distracted, gently guide your awareness back to your focus [pause]

[End]

Gently bring your awareness back... being more aware of your surroundings knowing that you can return to this relaxed state whenever you choose. When ready, open your eyes, feeling relaxed and refreshed.

Brief Autogenic Body-Scan Relaxation

Use the beginning from breath-focused relaxation technique

Direct the comfort of your in-breath to the top of your head, your forehead, around your eyes... and breathe out the tension.

Notice any area of tension in your jaw, cheeks, lips and tongue. Let them soften and relax as you breathe out the tension...

Let your shoulders drop slightly as you allow warm, soft, heavy relaxed feelings to be felt in your head face neck and shoulders.

Let the tension go from your right arm and your left arm ... letting the tension go from your uppers arms, elbows, forearms, wrists, hands and fingers ... just let the tension go.

Direct the comfort of your in-breath to any areas of tension in your torso... chest, abdomen, pelvic and back. Let the comfort of your in-breath surround the area of tension, soften it ... and breath out the tension.

Let the tension go from your right leg And your left leg ... including the buttock, hips, thighs, calves, ankles, feet and toes ... just let the tension go.

Now take a moment to direct the comfort of your in-breath to any area where tension remains.

Let the comfort of your in-breath surround the area of tension, soften it ... and breathe out the tension. Each time you breathe out feel yourself going deeper into a state of inner peace and calm.

Use the ending from breath-focused relaxation technique

Pleasant Imagery-assisted Relaxation

Begin with the beginning of breath-focused relaxation technique and a brief body-scan

Now imagine yourself in a beautiful meadow ... sun shining overhead... not too hot...

... not too cool ... a gentle breeze blows across your body.

In the distance you can hear birds singing... & the wind in the nearby trees

...the fragrance of flowers fills the air as you move effortlessly along the path ...

This path takes you to a special place ... a place that you equate with peace ... quiet ... and tranquillity... a safe haven ... it can be a favorite place where you live ... a place and time that was relaxing, safe or special...or a place that you would like to go to in the future...

It can be a fantasy place, created entirely by the powers of your imagination

Take this time to create a safe, special place for yourself

Imagine the sights you would see... the colors, textures, details... the sounds you would hear... the fragrances you might smell... the gentle coolness of a breeze, or warmth of the sun on your skin as you imagine settling into a comfortable position...

Now, while in this place of peace and tranquility, turn the focus of your attention on your breath, a word or phrase... on the in breath ... on the out breath ... or on both....

[long pause] ...If you become distracted by your thoughts, simply go back to your focus [long pause]. If you have become distracted, gently guide your awareness back to your focus [pause]

Use the ending from the breath-focused relaxation technique