



Mental Health

RELAXATION EXERCISE #1

Have clients lay down on a yoga mat or towel in a relaxing position. They may want to have additional towels at head/neck area and a towel roll or pillow under knees. Using background music is optional during the vocal guide for promoting relaxation. Read slowly (pausing often) with a calm gentle voice.

Therapist Vocal Guide: “ Slowly close your eyes and focus on your breathing. Notice how your chest rises and falls. As you focus on your breathing, notice your respiration rate slow down, even if it is slightly.....

Imagine something slowly melting down your body starting from the top of your head. You feel it seep into our hair and touch your skin and slowly run down to the top of your ears and then ear lobes and past your jawline to your neck.... As this feeling slides down your shoulders to your chest take time to once again focus on your breathing.... Allow comforting soothing thoughts to enter your mind- it may be the smell of beautiful flowers or homemade cookies. Let your arms relax so much that they feel as if they are melting into the floor as you continue to imagine the melting feeling continue to spread down to your stomach... hips... buttocks.... Thighs.... Knees and finally down to your heels and then toes.

Pretend that you have become so relaxed that you are a bubble in the bottom of a glass of 7Up. As you acclimate to your new bubble existence, you become empty and light.... So light, that you start to float up to the top of the tall glass of soda that you imagine yourself to be in.

Press your heels into the floor beneath you. As you do this, imagine that it stops you from floating upward. As you continue to press your heels into the ground, flex your toes and squeeze your bottom, then relax. As the tension leaves your legs, feet, and buttocks, feel yourself drop to the bottom of the glass of soda. Down, down you go until you rest on the bottom of the glass.

Take a moment to assess if you need to repeat the bubble experience again....

Now focus your attention on relaxing your pelvic muscles. Let your hips melt into the floor and then let the rest of your body follow suit. As the rest of your body slowly follows exhale all negative thoughts and feelings. As you inhale you become lighter with positive thoughts and you regain shape and start to become weightless again... Chose which way you want to float to. You may choose to become weightless and float upward, or soft and heavy and melt downward. Choose the feeling that is most relaxing to you.

As you focus on your choice, allow your breathing to steady itself and slow down. Now you can relax and enjoy the feeling of nothingness and bliss combined. No needs, no worries, nothing to do but rest.... rest deeply into the most soothing and relaxing state of mind.... You have achieved the desire of restfulness and relaxation. Stay in this mode until you are ready to open your eyes and return to activity. Thank you for participating in this journey together.”