

Relaxation Techniques Worksheet

Relaxing your mind and body is just like pushing a restart button, we often tend to forget to give ourselves a break and give a fresh new start. Here we have discussed two relaxation techniques that are just 20 minutes of exercise to make your body and mind relaxed.

Deep Breathing:

- Sit with your legs uncrossed, good posture, and put your hands on your thighs.
- Close your eyes. Take a deep breath through your nose into your abdomen for five seconds (your chest should move just a bit).
- Hold for two seconds, then inhale out gradually through your mouth for five seconds. Repeat for 10 to 15 cycles.

Stop as quickly as you feel uncomfortable.

Relaxation by Imagery:

Imagination is also a very important relaxation technique in which you use imagery as a tool to relax your mind and alter your state. In this technique, you are supposed to find a quiet corner where you can sit or lie down comfortably. Sit or lie down (as you like) and imagine being in a happy moment, a happy place where you would love to go. Close your eyes, maintain the temperature of the room by turning on ac or as needed if it's warm. Breathe gently with your nose

Picture in your mind your dream place, forest, beach, a home, childhood memories. You can think about the future or the past too, the memory has to be happy. It can be a food memory too.

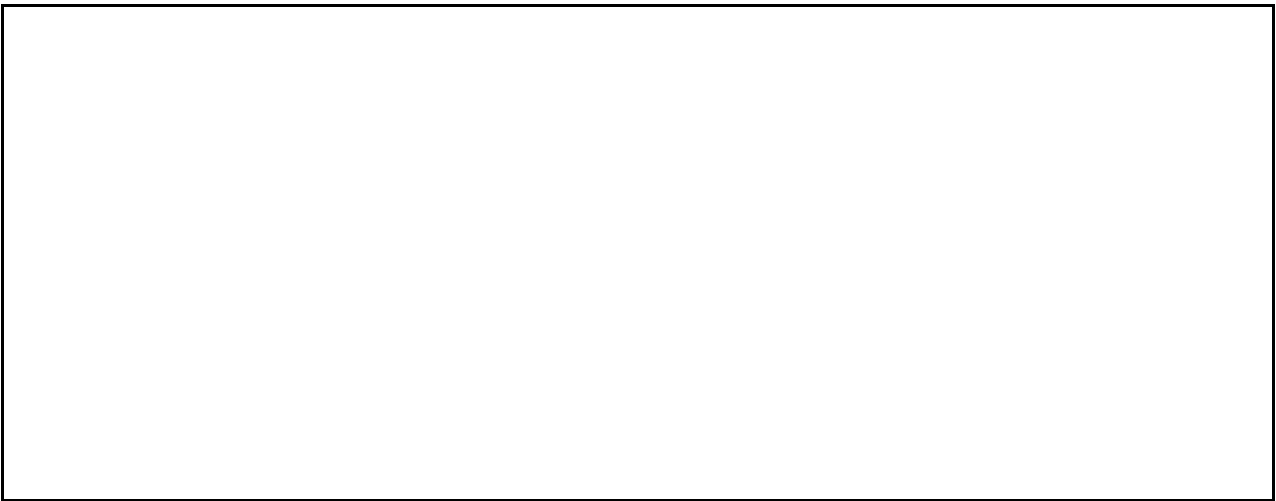
Anything that makes you feel happy and relaxed. Try to connect with nature at that very moment. The sounds of the water if you are at a beach or may the rays of the sun, the sound of the wind blowing, or the snow under your feet. The mind has the capacity to take you anywhere it wants to, you just need to shift your focus on that.

You can even try and smell the aromas, the fragrances of flowers, your favorite food, Now feel the changes in your body and feel it getting relaxed. Continue it for at least 20 minutes.

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Keep practicing the above -mentioned techniques on alternate days, Do these relaxation exercises for 20 minutes to make your body and mind relaxed.

Techniques to relax your mind



Techniques to relax your body



