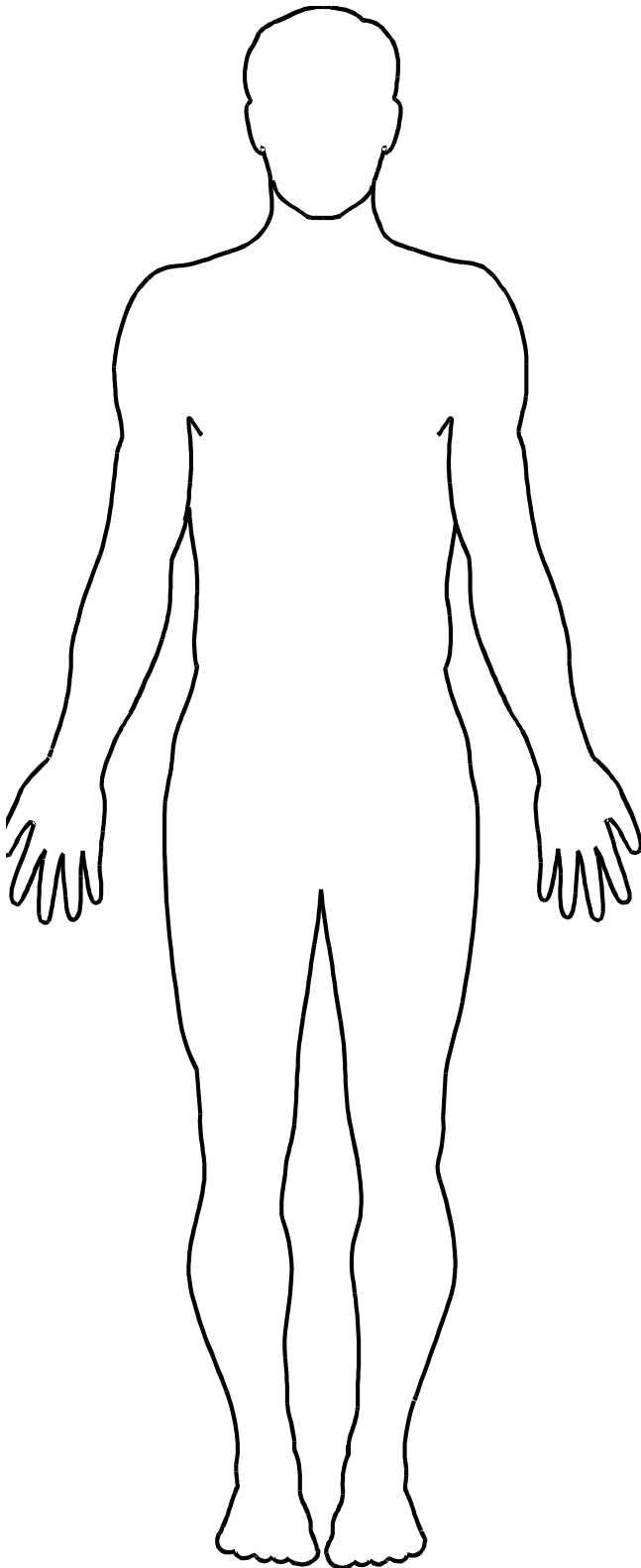


Preparing for Relaxation

Carole W. Sebenick, Ph.D. (2002)

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BODY SCAN

- Awareness only; no intentional change
- Start by noticing body as a “whole”
- Use “mind’s eye” to focus attention on distinct regions of the body, starting with the feet
- Note any tension, tightness, or pain
- Note any areas of lack of sensation

FINDING OPTIMAL POSTURE

- Start by rounding shoulders and spine, tucking tailbone
- Arch back gently, swing tailbone out, open up collarbones, slide shoulder blades together
- Relax posture to comfortable compromise

DIAPHRAGMATIC BREATHING

- Sit or lie comfortably
- Start by noticing where you “feel” your breath (chest, shoulders, throat, etc.?)
- Gently guide breath into your belly, allowing your stomach to rise with the inhalation
- Inhale and exhale through your nose at a comfortable pace