



STEPS OF RELAXATION & RELIEF OF STRESS

By Frank Lewis, Ph.D.

1. Plan on 20 minutes of isolation. Get comfortable, take the phone off the hook, lock the door, and turn off the television or radio.
2. Begin by focusing at a spot on the wall. Stare at this spot intensely and at the same time put all other things out of your mind. Really concentrate on the spot.
3. When you feel tiredness in your eyes, allow them to close on their own. Don't force them. After your eyes close, begin to think about your breathing. Take deep breaths from the very bottom of your stomach. You will notice that your outgoing breathing is cleaning the tension away, all of the tension in different parts of your body. Start with your toes and work up to your shoulders. Then go back to the fingertips and focus on the different parts of the arm and come back to the shoulders. Then go to the neck, jaws, eyes and the top of the head. Concentrate on breathing and relaxing.
4. You may feel body warmth while practicing this technique; a relaxed state may raise your body temperature because of improved blood circulation.
5. After you feel the blood freely circulating and the tension has left your body, slowly open your eyes. Try to maintain that relaxed state as you open your eyes and continue it throughout the day.
6. Practice this relaxation technique at least once a day. Schedule this exercise as top priority. Results will be a happier, healthier you!