

Quieting Reflex: A Six Second Mini Relaxation

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The quieting reflex is used to cope with urgent and emergent stress. The technique needs to be practiced often, the more the better, in order to improve the skills- especially when needed during a stressful time period! The quieting response may be used with eyes closed or open, and at anytime or place. The goal is have the quieting reflex an easy to use effective skill that works!

Be aware of what is distressing and irritating. The annoyance is the trigger or cue to begin using the quieting reflex now.

Say and repeat the phrase "Alert mind, calm body" to yourself.

Smile inwardly with your mouth and your eyes. The inward smile is a feeling and is not obvious to anyone. This "smile" prevents the facial muscles from adopting negative, hostile and stressful expressions.

Inhale slowly to three. Imagine that the breath comes from down at the bottom of your feet! Let the breath go slowly... Feel the breath travel back down your legs and out of the bottom of your feet... Allow your face, jaw, tongue, and shoulder muscles to relax and become loose and limp.

