

RELAX WITHIN

A quick way to relax is to stop, take a deep breath and imagine a wave of relaxation traveling down your body from your head to your feet. Consciously let your muscles go loose and limp!

You can also let your mind drift to a beautiful place or a time when you really felt great about things while you are imagining this wave of relaxation. If you have an affirmation, it's a perfect time to remind yourself of it. Say to yourself something like "things are really going well" or "how lucky I am to be alive and to experience the joy and excitement of such a wonderful world!" It really is fun, isn't it!

Do this once per hour

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