

# Relaxation Techniques – Printable Cards

## Progressive Muscle Relaxation

Tense one muscle group (e.g., fists) for 5–7 seconds, then release for 20. Move from feet upward. Notice contrast between tension and relaxation.

## 4–7–8 Breathing

Inhale quietly through nose for 4. Hold for 7. Exhale slowly through mouth for 8. Repeat 4 times. Works best with consistent practice.

## Body Scan

Bring awareness to each body part, starting at toes and moving upwards. Notice sensations without judgment. End with a slow breath.

## Guided Imagery

Picture a safe, calming place (beach, forest, cosy room). Engage all senses — sights, sounds, smells. Return gently to the present when ready.

## Wind-Down Rituals

Create a bedtime cue: dim lights, warm drink, journal for 5 minutes. Repetition teaches the brain: 'It's time to rest.'