

Relaxation Exercises



Progressive Muscle Relaxation

Let your eyes close, and breathe gently and slowly and regularly. Contract, hold, and relax each set of muscles.

Let go of the muscles of your legs. Just let them go loose and floppy and let them lie there. Let them go, let them relax. Feel the natural weight of your legs weighing down on the bed. Feel them getting heavier and heavier. Let them loosen up. Let this heavy, relaxed feeling come through your body.

Relax your stomach. Let it loose. Feel the warm, peaceful feeling come through you.

Relax your chest with each breath. As you are letting go, feel the pressure in your chest easing off. Feel the warm and calm feeling in your chest.

With each breath, you feel more and more relaxed as you let go of the air in your chest. You feel more and more deeply relaxed.

Let go of your shoulders. Let them loose and feel the relaxed, heavy feeling coming down your arms.

Relax your arm muscles and let them lie there beside your body. Your arms are becoming heavier now, let them relax. The arms are so heavy now. Feel the natural weight of your arms becoming more and more heavily relaxed

Let this relaxed feeling flow through your neck and to your face. Let go and smooth out the muscles of the forehead.

Feel the calm and peaceful feeling inside as you let go of the muscles around your eyes and cheeks, and unclench and relax the jaw muscles. Relax your lips, and let them open.

Feel the calmness. Now just breathe slowly. Concentrate on hearing your breaths go in and out. Scan your body for any areas of tension. Tense and release those muscles again and breathe.

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WORKSITE WELLNESS PROGRAM

Meditation

Close your eyes and imagine yourself walking along a peaceful old country road. The sun is spreading warmth across your back, the birds are singing, the air is calm and fragrant.

As you walk along, your mind naturally wanders to the concerns and worries of the day. Then you come upon a box by the side of the road and it occurs to you that this box is a perfect place to leave your cares behind while you enjoy this time in the country. So you open the box and put into it any concerns, worries, or pressures that you're carrying with you. You close the box and fasten it securely, knowing that you can come back and deal with those concerns whenever you're ready but for now, they have all disappeared.

You feel lighter as you progress down the road. Soon you come across an old gate. The gate creaks as you open it and go through. You find yourself in an overgrown garden, flowers growing where they've seeded themselves, vines climbing over a fallen tree, soft green wild grasses, and a shade tree with an old wooden swing.

Breathe deeply, smell the flowers, listen to the birds chirping and insects humming low. Feel the gentle breeze warm against your skin. All of your senses are alive and responding with pleasure to this peaceful time and place.

When you're ready to move on, you leisurely follow a path behind the garden, eventually coming to a more wooded area. As you enter this area, your eyes find the trees and plant life restful to look upon. The sun is filtered through the leaves.

The air feels mild and a little cooler. You become aware of the sound of a nearby stream and the fragrance of the surrounding mint and lavender. You pause and take in the sights and sounds, breathing deeply of the cool and fragrant air several times. With each breath, you feel more refreshed as you watch a blue green dragonfly skimming along the surface of the water.

Continuing along the path for a while, you come to the stream. It's clear and clean as it flows and tumbles over the rocks and some fallen logs. You follow the path along the creek and after awhile you come out into a sunlit clearing, where you discover a small waterfall emptying into a quiet pool of water.

You find a comfortable place to sit for a while, a perfect spot where you can feel completely relaxed. You close your eyes and feel the warm sun on your face. You feel good as you allow yourself to just enjoy the warmth and solitude of this peaceful place.

You breathe in deeply, inhaling and exhaling slowly.

After a while, you become aware that it is time to return. You arise and walk back down the path, through the cool and fragrant trees, out into the sun-drenched overgrown garden. You take one last smell of the flowers, and go out that creaky gate.

Your pace quickens as you leave this country retreat for now and return down the road. You notice you feel calm, rested, strong and full of renewed energy. You know that you can visit this place whenever you wish to. Now wiggle your fingers and toes and slowly open your eyes.

You are now ready to meet the challenges of your day refreshed, renewed and totally relaxed.