**Autogenic Relaxation**

Just take a few moments to get yourself as comfortable as possible. Make sure that your back and head are comfortable and supported in the chair. Make sure that your hands and arms are loose, either resting on your lap or by your sides. Make sure that you are not clasping your hands or clenching your fists. Have your legs and feet comfortably in front of you and make sure your feet and ankles are well supported. You may find yourself aware of noises, other people in the room and people outside, but these are just everyday noises and try not to let them interfere with your ability to relax.

Close your eyes if you want to, and spend a few moments concentrating on your breathing.

Now breathe out once. Breathe in slowly, as much as you need, then breathe out slowly – with a slight sigh, like a balloon deflating.

Do this once more – Breathe out, breathe in slowly, and breathe out slowly. As you breathe out, feel any tension begin to drain away. Now return to your normal breathing – even, quiet and steady.

Be aware of the gentle rise and fall of your chest, and be aware of the air entering and leaving your lungs, and of your body loosening and relaxing a little more each time you breathe out. Each time you breathe out, your body loosens and relaxes a little more.

Now turn your attention to your toes and feet. Feel them resting heavily on the floor. Feel them becoming heavier as the tension drains away.

Focus your attention on your lower legs – your calves, ankles and knees. Feel the tension oozing away, as they become heavier and more relaxed. Feel them limp and comfortable, and at rest.

Now your upper legs and thighs – feel warm and relaxed. Your thighs and knees roll outwards as you relax further. Let them go, let them sink and become heavier.

Moving up to your back, feel the tension flowing right down your spine and draining away at the bottom, leaving your back calm, and heavy, and comfortable.

Follow your breathing – each time you breathe out, feel your back relaxing a little more. Control your body as it falls into a deeper, and deeper, state of calm and relaxation. Breathe away any tension - let it all drain away.

Now turn your attention to your stomach – be aware of any tension there, any knots or butterflies, and ease it gently away, letting it become loose and soft and calm.

Feel your whole body becoming heavier and heavier, sinking deeper and deeper into the support as the warm calm sensation of relaxation seeps through your body.

Now be aware of your fingers hand and wrists – feel them curved, limp and still. Let the tension drain away from the tips of your fingers, feel them warm and heavy.

Now move the focus to your shoulders, as you free them from any tightness. They are becoming loose, limp and heavy. Feel them sinking into the support of your back – they are warm, and heavy, and supported.

Feel the warmth spreading out up your neck. Feel it seeping upwards as the tension melts away from the muscles in your neck. Each time you breathe out, feel yourself relaxing a little further. You feel calm, limp, and heavy.

Now relax the muscles in your face, and feel the tension smoothing away from your face and scalp. You are becoming calmer. The expression is leaving your face, it is calm now. Smooth out your brow and feel your forehead relax. There is no tension now around your eyes, and they are still. Let your jaw unwind and become loose. Feel your tongue and lips become loose and heavy.

Become aware of how your body as a whole feels, all of your muscles have let go. Feel yourself sinking deeper, and deeper, into a state of calm and relaxation. Feel the relief of letting go. Listen to your breathing – in and out, in and out. Each time you breathe out, let your body sink deeper and deeper into the chair. Imagine yourself floating, completing supported by a cloud wrapped around your heavy and relaxed body.

There is no tension and no worry. Your body is in a natural state of relaxation. You have let go, and you are giving your body a time out – time to relax and be aware of itself.

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Now, when you are ready, slowly become aware of where you are. Remind yourself of the room that you are in, and become aware of the contact of your body against the support of your chair. Bring your breathing back to normal, deepening it slightly. Start to bring the movement back into your body – wriggle your fingers and toes slightly and in your own time, have a stretch and open your eyes. Try to stay with this state of relaxation as you go about the rest of your day.