

## **Anxiety** **Relaxation Techniques**

### **1-2-3 Centering**

- \* Notice 3 things you can see in the room and concentrate on just those 3 things.
- \* Notice 3 things you can hear in the room and concentrate on just those 3 things.
- \* Notice 3 things you can feel in your body and concentrate on just those 3 things.
  - Notice 2 things you can see...
  - Notice 2 things you can hear...
  - Notice 2 things you can feel...
    - o Notice 1 thing you can see...
    - o Notice 1 thing you can hear...
    - o Notice 1 thing you can feel...

### **Breathing**

Pay close attention to your breathing. Try to breathe from your belly, not from your chest and slow your breathing down as much as possible.

### **Progressive Muscle Relaxation**

Notice how the very top of your head feels and try to relax it as much as you can. Now move down to your temples, then the back of your head and relax them as much as you can. Continue down through your face, neck, shoulders, chest, down your arms, torso, waist, hips, thighs, etc...all the way down to the tips of your toes, concentrating on each body part and relaxing it as much as you can. Imagine you are melting into your chair/couch/bed.

If you have difficulty relaxing something, tense it up as hard as you can, hold it for three seconds, and then relax it. You may need to do this several times before you feel it relax.

### **Inhale Pink/Exhale Blue**

- Imagine that your stress and tension has a color.
- Imagine that relaxation and contentment have a color, a color that means “healing” to you.
- As you breathe from your belly, imagine that when you exhale you are blowing out all of your stress and tension, and picture what color it is.
- When you inhale, imagine that you are taking in contentment and relaxation, and picture that healing color filling your body as you take it in.

### **What do You See?**

Look around the room and name the objects that you see, either out loud or to yourself. Continue doing this until you feel less emotional or less overwhelmed.