








Brief Relaxation Techniques

Any of the below relaxation techniques can be done during a five minute “coffee” break.

	<p>Breathing</p> <ul style="list-style-type: none"> ✓ Place one hand on abdomen. ✓ Slowly inhale through your nose into your abdomen. ✓ Abdomen should expand as you inhale. ✓ Exhale through your mouth making a quiet swishing sound. ✓ Scan body for tension. ✓ Focus attention on inhaling relaxing energy and exhale releasing tension. ✓ Repeat three times.
	<p>Chair Stretch</p> <p><i>While sitting in your chair:</i></p> <ul style="list-style-type: none"> ✓ Extend legs in front of you, flex and point toes. Relax. ✓ Extend arms to the side. Point and flex arms. Relax. ✓ Roll head side to side
	<p>Visualization</p> <ul style="list-style-type: none"> ✓ Following breathing and chair stretch. ✓ Create a relaxing setting in your imagination. ✓ Hold for five minutes.
	<p>Thought Stopping</p> <ul style="list-style-type: none"> ✓ This technique addresses disturbing or anxiety provoking thoughts. ✓ Internally shout stop. ✓ Attend to breathing. ✓ Count breaths.
	<p>Changing Channels</p> <ul style="list-style-type: none"> ✓ Utilize thought stopping procedures. ✓ Visualization ✓ Create a physical distraction with pictures. ✓ Utilize a coping mantra. I can relax and unwind
	<p>Brief progressive muscle relaxation</p> <ul style="list-style-type: none"> ✓ Tense arms and legs, release. ✓ Arch back, curl toes, release. ✓ Breathe in as you tense muscles and exhale as you release.
	<p>Gratitude</p> <ul style="list-style-type: none"> ✓ Brief progressive muscle relaxation ✓ Reflect back on day. ✓ Select three things for which you feel grateful. ✓ Recall three things you did that you feel good about.