

# Relaxation Exercises



## **Breath Focus Technique**

*Sit or lie down in a comfortable place. Bring your awareness to your breaths without trying to change how you're breathing.*

*Where do you feel your breath? Is it cold or warm?*

*Alternate between normal and deep breaths a few times. Notice any differences between normal breathing and deep breathing.*

*Notice how your abdomen expands with deep inhalations. Note how shallow breathing feels compared to deep breathing.*

*Place one hand below your belly button, keeping your belly relaxed, and notice how it rises with each inhale and falls with each exhale.*

*Begin the practice of breath focus by combining this deep breathing with imagery and a focus word or phrase that will support relaxation.*

*You can imagine that the air you inhale brings waves of peace and calm throughout your body.*

*Mentally say, **"Inhaling peace and calm."***

*Imagine that the air you exhale washes away tension and anxiety.*

*You can say to yourself, **"Exhaling tension and anxiety."***

<https://www.healthline.com/health/breathing-exercise#breath-focus>



# Relaxation Exercises



## **The Grounding Chair**

*Sit down in a comfortable chair, one where your feet reach the floor.*

*Close your eyes and focus on your breath. Breathe in slowly for the count of three, then out slowly. Bring your mind's focus to your body.*

*How does your body feel sitting in that chair? Scooch your bum right into the back of the seat so the whole length of your back is pressing into the back of the chair. Can you feel the contact between your body and the chair's surface?*

*If the chair has arms, touch it, is the material smooth or textured? Press your arms down the length of the chair arm, notice how your hands hang off the end. If your chair doesn't have arms, touch the material on the seat, how does that feel?*

*Next push your feet into the ground, imagine the energy draining down from your mind, down through your body and out through your feet into the ground. I picture it as a color filling my body as it goes from top to toe, but this is your image so choose whatever you want your energy to look like.*

*As the energy drains from your head, feel how heavy each body part becomes, your torso feels heavy and now your arms as you relax those muscles.*

*Lastly, feel the heaviness go down your legs, through your feet and down into the ground. **You are safe, secure, and grounded.***

<https://drsarahallen.com/7-ways-to-calm/>



# Relaxation Exercises



## The 5-4-3-2-1 Grounding Technique

This technique gets you to use all your five senses to help you to get back to the present. It starts with you sitting comfortably. Close your eyes and take a couple of deep breaths. In through your nose (count to 3), out through your mouth (to the count of 3).

Now open your eyes and look around you. Name out loud:

**5** – things you can see (you can look within the room and out of the window)

**4** – things you can feel (the silkiness of your skin, the texture of the material on your chair, what does your hair feel like? What is in front of you that you can touch? A table perhaps?)

**3** – things you can hear (traffic noise or birds outside, when you are quiet and actually listening, things in your room constantly make a noise but typically we don't hear them).

**2** – things you can smell (hopefully nothing awful!)

**1** – thing you can taste (it might be a good idea to keep a piece of chocolate handy in case you are doing this grounding exercise!

You can always leave your chair for this one and when you taste whatever it is that you have chosen, take a small bite and let it move around your mouth for a couple of seconds, really savoring the flavor). Take a deep breath to end.

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# Relaxation Exercises



## **Hold Something and Really Focus On It**

*Keep gems, crystals, special tokens in your purse or pocket just for this purpose. Look around your house for things that have a texture or are pretty or interesting to look at.*

*Hold an object in your hand and really bring your full focus to it. If I was looking at one of my gems I would see the patterns that run through it, see the color variances. Some have veins of different colors going through the or sparkly bits.*

*Look at where shadows may fall on parts of it or maybe there are shapes that form within the object.*

*Feel how heavy or light it is in your hand and what the surface texture feels like under your fingers.*

*This can be done with any object you have lying around or if you know you are going into a stressful situation, take one of your favorite small objects and put it in your pocket or purse so you can do this calming exercise on the go.*

*Focus on the object, and let all the other sights and sounds fall away. Feel as if, it is just you and that object.*

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## **Let Your Thoughts Come and Go**

*When we are anxious our thoughts about our worries go around and around in our mind.*

*They building on each other until we feel drained by them so we try not to worry.*

*Whenever you try not to do something it is guaranteed to make you do it more so instead, observe your thoughts like you are an outside looking in.*

*Just watch your thoughts for a minute.*

*Imagines leaves floating on the surface of a stream.*

*For each thought that comes to mind, allow that thought to take its place on a leaf and watch it blow away in the wind.*

*Or allow the thought to turn into a fish and watch it float away down the stream.*

*Allow those thoughts to come and go, you don't need to respond to them.*

*Thoughts are just thoughts. They do not define you, they do not control you. They are free to come and go.*

*You have control over you actions, not your thoughts.*

*Chose to let them go.*

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