

The 2-Minute Relaxation

Sit in a comfortable chair.

Just sit for a moment and allow your mind to clear of thoughts, if any thoughts do come to you, just ignore them - they are not important right now.

Take a deep breath in, hold for the count of 2 and breath out with a heavy sigh.

Now just allow your breathing to return to normal, breathing slowly and steadily.

On the next breath out allow your eyes to close.

On the next breath out and let your shoulders slump forward.

On the next allow your jaw to become relaxed.

And on the next, allow your arms and legs to go floppy, just like they are made of rubber bands.

Sit quietly for a few moments in this relaxed state. Imagine a wave of relaxation going down from the top of your head to the very soles of your feet. Then gently open your eyes and sit for a moment more.

Notice how you feel and reflect on the benefits of this relaxation.