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Document your activities in detail for a day or two. Identify activities that are your time wasters. Minimize them so you have more time for fulfilling relaxing activities. Dont worry about telling friends and family that you need some quiet alone time

Put restorative activities on your schedule and keep those appointments! It is likely that there are some methods that you already use to relax

Think about exercises practices or activities you use regularly in order to relax and list them below Aug 5 2010 We will discuss two different versions of the relaxation response Progressive muscle relaxation also known as Tense Relax and visual imagery. Everyone has a resting level of muscle tension

Some people have a great amount of tension at rest others less Books and compact discs CDs on relaxation exercises can be found at libraries or bookstores Allow yourself to relax completely continuing to breathe slowly and smoothly sinking into that feeling of relaxation and noticing how it feels so that you will be able to access it and recreate it later on your own If you feel uncomfortable at any time you can simply relax and breathe normally

Bring your awareness to your feet and toes

Breathe in deeply through your nose and as you do gradually curl your toes down and tense the muscles in the soles of your feet Learn How To Relax! Try this exercise to slow down your breathing your heart beats and even your blood pressure! You can make your body feel just like it does when youre about to fall asleep or when youre very relaxed.

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