

@relax hes my stepdad 7@ Momentum Yale University RelaxationSkills for Anxiety University of Michigan YOU REALLY NEED.

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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 relaxingactivities. 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 torelax

Think about exercises practices or activities you use regularly in order torelaxand list them below Aug 5 2010 We will discuss two different versions of therelaxationresponse 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 onrelaxationexercises can be found at libraries or bookstores Allow yourself torelaxcompletely continuing to breathe slowly and smoothly sinking into that feeling ofrelaxationand 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 simplyrelaxand 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 ToRelax! 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 veryrelaxed.

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