

Self-Relaxation or Self-Hypnosis Guidelines

Perform this self-relaxation routine either in the morning or before you go to sleep:

- Start by getting comfortable in a quiet room.
- Perform five deep breaths using the abdomen. Try holding each breath for 3 seconds.
- Make sure your eyes are closed as you think of a relaxing place.
- Continue breathing. As you relax, think of a relaxing color (such as blue, green, or pink) for five breaths.
- Imagine the color slowly making its way from your head down to your feet.
- Slowly ease yourself into relaxation by counting down from 5 through 1 as you visualize large blue, green, or pink numbers in your head.
- Do the positive self-talk for least 5 to 10 slow breaths. Talk to yourself about positive things you want to reinforce such as:
 - — “My body is going to heal itself.”
 - — “I am going to get better.”
 - — “I am going to get an A on the exam.”
 - — “I am no longer fearful.”
- Slowly ease yourself back out of relaxation by counting up from 1 through 5 as you visualize the large blue, green, or pink numbers in your head.
- End by opening your eyes and enjoy the day. Or, close your eyes and go to sleep.

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- To start, breathe in and out slowly three times using diaphragmatic breathing.
- Take a deep chest breath, and then relax with a diaphragmatic breath.
- Wrinkle up your forehead for five seconds, and then relax with two diaphragmatic breaths.
- Frown for five seconds, and then relax with two diaphragmatic breaths.
- Press your lips together for five seconds, and then relax with two diaphragmatic breaths.
- Shrug for five seconds, and then relax with two diaphragmatic breaths.
- Tighten your arm muscles for five seconds, and then relax with two diaphragmatic breaths.
- Make a fist for five seconds, and then relax with two diaphragmatic breaths.
- Tighten your abdominal muscles for five seconds, and then relax with two diaphragmatic breaths.
- Tighten your buttock muscles for five seconds, and then relax with two diaphragmatic breaths.
- Tighten your thigh muscles for five seconds, and then relax with two diaphragmatic breaths.
- Flex your toes toward you tightly for five seconds, and then relax with two diaphragmatic breaths.
- Point your toes away from you tightly for five seconds, and then relax with two diaphragmatic breaths.
- Squeeze your toes tightly for five seconds, and then relax with two diaphragmatic breaths.
- To end, smile lightly for five seconds, and then relax with two diaphragmatic breaths.

NOTE: *This same routine may be performed by mentally imaging you are tensing the muscles without actually contracting the muscles.*