

The Relaxation Response

An Integrative Approach to Relaxation



Benefits: Helps you relax your body and calm the mind.

Steps:

1. Sit quietly in a comfortable position. Uncross your legs.
2. Choose a word that helps you feel relaxed (for example: peace, ocean, calm, ease, angel, God, etc.).
3. Close your eyes.
4. Relax all your muscles, starting at your feet and moving up to your face.
5. Breathe in and out through your nose. Become aware of your breathing.
6. As you breathe out, say your word silently to yourself.
7. When you notice your mind has wandered (and it will), gently and kindly bring your focus back to your word and your breath.
8. If possible, continue for 10 minutes. Practice twice daily, but not within 2 hours after a meal.

*The Relaxation Response, Benson, H. Williams Morrow and Co., NY 1975

