



RELAXATION MINIS

Mini relaxation exercises are focused breathing techniques that help reduce anxiety and tension. They have immediate, short-term, and long-term effects. Your focus is on your breath. You can do a mini with your eyes closed or with your eyes open. You can do a Mini Relaxation at any time. No one will know that you are practicing a mini-relaxation unless you tell them.

Mini Relaxation Strategy #1

Count slowly to yourself from 10 down to 0, one number on each out-breath. Breathe in and on your first out-breath, say "10" to yourself. With the next out-breath, say "9," working your way down to "0" When you get to "0" notice how you feel.



Mini Relaxation Strategy #2

As you breathe in, count slowly up to "4," as you breathe out, count slowly down to "1." So, as you breathe in, you say quietly or to yourself, "1...2...3...4," and as you breathe out, you say quietly to yourself, "4...3...2...1." Do this several times.



Mini Relaxation Strategy #3

Count the space between your in-breath and your out-breath. So, after each in-breath, pause, and count, "1...2...3;" after each out-breath, pause again and count, "1...2...3." Do this several times.



Mini Relaxation Strategy #4

On the in-breath, think "I am," and on the out-breath think, "at peace." Repeat this several times.





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Mini Relaxation Strategy #5:

Square breathing. Visualize a square. On the in-breath, visualize a vertical line and then a horizontal line. On the out-breath, visualize another vertical and horizontal line, and complete the square.



Use these relaxation minis throughout your day such as:

Sitting in
traffic

Making
dinner

Oh hold on
the phone

During a
meeting

In the
dentist's
chair

Standing in
line

When you
can't sleep

When over-
whelmed

When in
pain

Before
meals