

Daytime relaxation

{flowing water}

To begin, you may choose to lie back in a chair with a headrest, or lie down on a bed or a flat surface. It is best to have support for your head so you can fully relax. Now, take a moment to settle into a comfortable position. Loosen any tight clothing. Uncross your legs and arms, letting your arms rest loosely by your sides. When you are ready, close your eyes and take a deep, relaxing breath. Yawn, if you wish. Then slowly exhale as you allow yourself to just be here, now, in this moment.

This is your time. There is no need to worry about anything, or to even try to do anything. Just let go and relax. As you listen, your mind may wander. You may notice sounds around you, or find yourself thinking or planning or remembering. This is normal and natural. Simply notice that you are thinking, then easily and gently let go, and bring your attention back to my voice and to this moment, over and over again. No need to judge yourself or your experience. Simply let it be however it is, as you step out of clock time and give yourself permissions to just be here now, knowing this is the best thing you can do for yourself. You will be much more able to take care of anything you need to do once your mind is clear and your body is relaxed and refreshed.

For a moment, notice the points of contact between your body and the surface where you are sitting or lying. Just notice those places up and down your body as you breathe deeply and naturally, in and out. Scan your body from head to toe. Notice any areas of your body that feel tight or tense, any areas where you're holding even slight tension. Gently release the muscles in these areas, and allow them to relax and go limp, breathing soothing relaxation into these areas of your body.

Now, take a deep breath in through your nose, slowly taking in as much air as you can, filling your lower abdomen like a balloon. And then, slowly breathe out through your mouth, blowing out as much air as you can, as if you're flattening a balloon. Again, breathe in, a full, deep breath in through your nose, filling your lower abdomen. Then slowly breathe out, gently blowing all the air out through your mouth. Continue breathing at your own pace – slow, deep, full breaths in, like filling a balloon, and long, slow exhales, blowing all the air out and flattening the balloon.

With each inhale, breathing in soothing relaxation, filling your mind and body with fresh, life-giving oxygen. With each exhale, breathing out tension and stress, letting go of concerns, thoughts, and feelings, simply allowing yourself to just be, your mind to calm, and your body to completely relax as you breathe easily and naturally. Gently notice your breath for a few moments. Follow it – all the way in and then all the way out of your body, from the very beginning of each breath to the very end. As you let yourself relax more and more completely with every breath, feel how wonderful it is to just let go.

As you breathe in soothing relaxation, imagine your body melting, warming, like a stick of butter melting in the warm sun. Feel every muscle, every molecule of your body letting go, relaxing, melting. Allow your muscles to warm and let go, feeling warmth and heaviness in your major muscle groups. As every nook and cranny of your body lets go and melts, sinking into the surface where you are resting, feel warmth and heaviness in your legs and buttocks as these muscles completely let go and relax. Your arms and shoulders and neck feel warm, heavy, more and more relaxed, tension and stress melting away as you continue breathing easily, slowly, and deeply. Breathe in soothing relaxation and peace, touching and healing every organ and cell in your body, relaxing and warming every muscle, from the largest to the tiniest, from your head to the tips of your fingers to your toes.

On your next inhale, imagine breathing in soothing, warm, soft light, and this light filling your mind, soothing, bathing, quieting your thoughts, calming you. As you exhale, this soft light leaves your mind and body with your breath, taking with it any distracting thoughts and feelings. Just letting go of these for now, as you grow more and more relaxed and peaceful. Know that you can bring back these thoughts and feelings whenever you like, making it very safe to release them now. Just breathe them out. For now, with each breath, breathing in relaxing, calm, soothing light, filling your mind and body, bathing away any worries or stress, calming you, clearing your mind, relaxing your body, releasing tension and stress. With each breath out, imagine any remaining tension draining out of every muscle, flowing down your body and all the way out through your toes as you relax even more deeply.

As you breathe peacefully at your own pace, each breath gives you life and fills your mind and body with relaxing warmth and peace. Your heart beat is calm and regular. Your mind is clear, peaceful, at ease. Your forehead is cool, relaxed, and soft. All the muscles in your scalp relaxed and loose. The tiny muscles around your eyes are very soft and relaxed, your eyelids feeling heavy as you relax more and more deeply. Your cheeks are soft and relaxed. Your jaw is loose, your teeth slightly apart, and your tongue lying softly in your mouth. Notice the weight of your head sinking into your pillow, softly, deeply, and comfortably. Your neck is very relaxed, your muscles soft and warm and heavy, from the base of your head down to the sides of your neck, connecting to the muscles in your shoulders. You feel gravity pulling your shoulders down, the muscles in your shoulders dropping, feeling heavy, warm, more and more deeply relaxed. Feel the muscles in your shoulder blades and upper back release, warmly and softly. Feel the heaviness and relaxation of your upper body as all your muscles grow warmer, heavier, and more relaxed with every breath you take, your entire body melting into the surface where you are resting. Every muscle, from the largest to the tiniest, releasing and melting, becoming heavier, warmer, more and more deeply relaxed. Your arms lying loosely next to you feel warm and heavy as all the muscles throughout your upper arms, forearms, hands, and fingers relax more and more completely with each deep, relaxing breath in and each long, slow breath out. Your buttocks feel heavy and warm as these major muscles release and relax completely, melting as in warm, soothing sunshine. Your legs feel heavier and warmer, more and more relaxed, from your thighs to your calves down to your ankles, feet, and toes, releasing and resting easily. All the muscles in your legs feeling very warm. Your legs feeling heavy as tension melts away and you grow more deeply relaxed and more peaceful with each and every breath. Every organ and cell in our body in harmony, allowing your tissues and cells to repair and renew, your mind to clear and quiet itself, as your body releases calmly, quietly, into easy relaxation

Now that your mind is peaceful and clear, and your body relaxed and rejuvenated, know that this peace will stay with you throughout your day. You now know that this deep state of calm and relaxation is always available to you anytime you wish to let go. Clear the slate and refresh yourself. After taking time to soothe and release your mind and body, you will find you have more energy throughout your day, and greater ability to concentrate and be productive.

Now, when you are ready, imagine yourself walking up a path, perhaps toward the sun, or going up a staircase, growing more alert, awake, and refreshed with each and every step, from one to two, three – more awake – four, five, six – more and more refreshed and alert – seven, eight, nine, and ten – fully awake, refreshed, and ready for your day.



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