

RESTORE YOUR BALANCE: IMAGERY & MUSCLE RELAXATION

IMAGERY

Imagery is one way to relax quickly. Our brain has the capacity to create a change in emotional reactions, based entirely off of thought and imagination.

- You will need a few minutes.
- An image of a relaxing place, experience, person, or thing.
- Use all of your five senses to explore your experience (sight, sound, touch, taste, smell). What do you hear? What do you see? What do you feel?
- Imagine every detail and create a vivid experience

PROGRESSIVE MUSCLE RELAXATION (PMR)

When our body is under stress, we can expect an automatic response of muscle tension. PMR allows us to pay attention to the tension we are carrying in our bodies and use an intentional practice to observe and release this tension.

Tense each muscle briefly and then release the tension, observing the feeling. Here are a few practice examples:

- Tense the muscles in your shoulders by trying to touch your shoulders to your ears. Pretend you are a turtle tucking your head in your shell. Hold for 5 seconds and slowly release.
- Tense the muscles in your hands. Squeeze your hand muscles to make a fist. Imagine you are squeezing lemons. Hold for 5 seconds and slowly release.

