

Rutgers Learning Centers

At Camden Campus

RELAXATION EXERCISE

Find a comfortable and quiet place where you will not be disturbed for about 20 minutes for this relaxation exercise. Sit on a chair with your back erect, your head held straight, and your feet flat on the floor in front of you.

Begin the exercise by closing your eyes and inhaling deeply. Hold your breath for a count of four, then exhale completely. Let all the air out of your lungs. Once more - inhale deeply... hold (1, 2, 3, 4)... now exhale. Repeat this ten times, noticing with each breath how the air feels as it enters your nostrils, fills up your lungs, and exits through your nostrils again. Enjoy that pleasant feeling.

Now, with your eyes closed, relax each part of your body as follows. Say to yourself, silently:

my toes are relaxed
my feet and calf muscles are relaxed
my knees and thighs feel relaxed
my buttocks and groin regions feel relaxed
my stomach feels relaxed
my chest feels relaxed
my back and shoulders feel relaxed
my fingertips feel relaxed
my hands and arms and elbows feel relaxed
my neck feels relaxed
my jaws and cheeks feel relaxed
my mouth and the corners of my mouth feel relaxed
my nostrils feel relaxed
my eyes, eyebrows, and forehead feel relaxed
my brain and my mind feel relaxed
my whole body feels warm, heavy and relaxed...
I AM RELAXED . . . I FEEL PEACEFUL

Remain relaxed for a few seconds or minutes simply telling yourself "I am relaxed".

Then slowly open your eyes and look around and tell yourself "I am awake and alert".

Breathe nice and easy... don't move suddenly.

You may read these instructions into a tape recorder, then play it back while you relax.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website: <http://rlc.rutgers.edu>

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