

# Relaxation techniques

How to switch your mind off and relax once you're in bed

## Step 1: Breathing slowly

**Make yourself comfortable** in your bed.

**Lie on your back** and just let your body go as floppy as possible.

**Rest your arms** by your side.

**Think** about your breathing.

**Take a deep breath in**, hold it and count to three - then let your breath out slowly.

**Take another deep breath**, hold it and count to four - then let your breath out slowly.

**Take one more deep breath**, hold it and count to five - then as before, let your breath out slowly.



## Step 2: Relaxing your body

**Breathe normally** in and out

**Clench your fists** - then unclench your hands so that you feel all the muscles in your fingers relax.

**Tense all the muscles in your arms**, right down from your shoulders and then hold for one breath in and out.

**Relax your arms.**

**Tense all the muscles across your chest** and hold for one breath in and out.

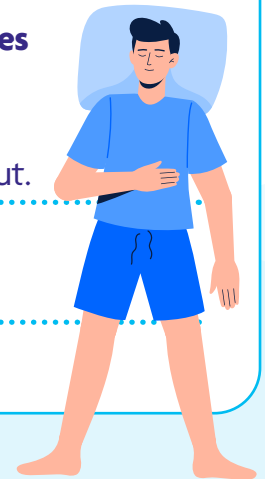
**Relax your chest.**

**Tense and hold all the muscles in the lower half of your body** and hold that for one breath in and out.

**Relax your lower body.**

**Clench your toes and feet** and hold for one breath in and out.

**Relax your toes and feet.**



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Your breathing should now be nice and slow and your **body should feel relaxed...**

## Step 3: Relaxing your mind

**Think about a place** where you usually feel happy and relaxed.

**It can be somewhere that you have been already like;**

where you went on holiday



your granny's sofa, watching TV



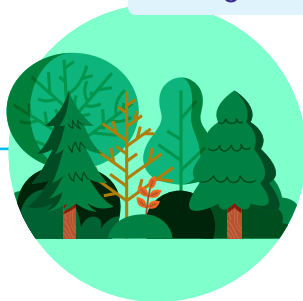
**Or you can make up a place in your imagination – somewhere peaceful like;**

floating on an inflatable in the middle of a swimming pool



a fluffy cloud in the sky

a dark green forest



a beach



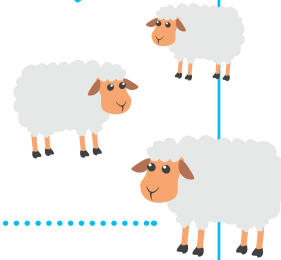
**Make the picture as clear as you can in your mind**

**Let your body relax** even more

**When you breath out you can think of the word 'calm'** with each breath

## Other things to try

**Counting sheep** (or anything else you want to count) in your head. Picture what you're counting as clearly as you can.



**Counting backwards** from 300 (or any number you choose).

**Thinking of a name** (or a fruit or a vegetable) beginning with each letter of the alphabet. Don't worry if you miss a few out.



Practice this routine in bed each night and like any routine, your body will get used to it and you **should start to find it easier to relax and get to sleep.**