

Student survival skills: Relaxation techniques

Relaxing can help us focus on what is important. Enjoy.

- Step One: Pick a focus word, phrase, image or prayer. You may also choose to focus on your breathing.
- Step Two: Sit quietly in a comfortable position.
- Step Three: Close your eyes.
- Step Four: Relax your muscles.
- Step Five: Breathe slowly and naturally. Repeat your focus word or phrase as you exhale. You may choose to say this to yourself.
- Step Six: Assume a passive attitude. Do not worry about how well you are doing. When other thoughts come to mind, simply say to yourself “oh well” and gently return to the repetition.
- Step Seven: Continue for seven to twenty minutes.
- Step Eight: Practice the technique once or twice daily.

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