***Stress Management Training***

Session Six. Relaxation Exercise Script

***Autogenic Training***

This is an exercise in Autogenic Training.

For this exercise you should be lying down comfortably with your arms and legs uncrossed and your hands at rest. Close your eyes and take a deep breath as you begin to relax……..

Attempt to follow the instructions as far as you can, if you lose concentration, don’t worry, jus bring your attention gently back to the sound of my voice……..

Your right arm is heavy

Your right hand is heavy

Your right arm is sinking into the ground

Your right arm is heavy

Your left arm is heavy

Your left hand is heavy

Your left arm is sinking into the ground

Your left arm is heavy

Your right leg is heavy

Your right foot is heavy

Your right leg is sinking into the ground

Your right leg is heavy

Your left leg is heavy

Your left foot is heavy

Your left leg is sinking into the ground

Your left leg is heavy

Your arms are heavy

Your legs are heavy

Your arms and legs are heavy

Your body is heavy

Your body is heavy

Your right arm is warm

Your right hand is warm

Your right arm is nice and warm

Your right arm is warm

Your left arm is warm

Your left hand is warm

Your left arm is nice and warm

Your left arm is warm

Your right leg is warm

Your right foot is warm

Your right leg is nice and warm

Your right leg is warm

Your left leg is warm

Your left foot is warm

Your left leg is nice and warm

Your left leg is warm

Your arms are warm

Your legs are warm

Your centre is nice and warm

Your centre is warm

Your centre is warm

Your arms and legs are warm

Your pulse is calm

Your body is heavy

Your centre is warm

Your pulse is steady and calm

Your pulse is steady

Your pulse is calm

Your pulse is calm

Your centre is warm

The air is breathing you

Your body is heavy

Your centre is warm

Your pulse is calm

The air is breathing you

The air is breathing you

The air is breathing you

The air is breathing you

Your body is heavy

Your centre is warm

Your pulse is calm

The air is breathing you………………………………………………………………….

Your face is cool………………. Your face is nice and cool………………….Your face is cool.

…………. Make fists……………………….. Open your fists…………………………. Take a deep breath……………. Stretch out…………………..

………………………. Gently open your eyes, relaxed and calm, and ready to return to your daily life with confidence.