



Quick Relaxation Techniques on the Job

The Quieting Reflex

- *Breathe in deep (from the diaphragm)*
- *Say to self “Alert amused mind”*
- *Breathe out through the mouth*
- *Say to self “calm body”*
- *As you exhale, release the tension in your jaw*
- *Let your stress flow out your arms*
- *During the process, smile inwardly to yourself*

(Source: Q.R. The Quieting Reflex by Charles Stroebe, M.D., Berkley Books)

Two Minute Body Stress Scan

1. *Interrupt your thoughts and switch your focus to your breathing. Take 2 abdominal breaths, and exhale slowly.*
2. *Scan yourself for tense or uncomfortable spots. Attempt to loosen these areas up. Allow your muscles to feel heavy and warm.*
3. *Attempt to warm your hands momentarily.*
4. *Slowly do the following exercises:*
 - ▶ *Head Rotation – rotate your head from side to side a few times*
 - ▶ *Shoulder Roll – Roll your shoulders forward and backward a few times*

5. *Recall a pleasant thought, image, memory or feeling. Hold it for a few seconds.*
6. *Take another deep breath and return to your activities.*

Quick Relaxation & Imaging

1. *Close your eyes and take three deep breathes and as you exhale, let go of surface body tension.*
2. *Relax your way down your body from your forehead, eyes, nose, chin, neck, shoulders, and all the way down.*
3. *When you reach your toes, picture a very relaxing scene: the beach, a lawn on a warm spring day, or maybe a hot bath.*
4. *Visualize every detail: the blanket, the water, the sky, the heat of the sand, how warm you feel. Imagine this scene for several minutes.*

Quick Relaxation & Imaging #2

1. *Starting with your feet and moving up to the top of your head, focus your awareness on your muscles. If you feel any tension in any of your muscles, consciously “let it go”.*
2. *Imagine that you are a dog shaking water out of your coat. “Shake out” your hands, arms, feet and legs. Shake out your entire body.*
3. *Reach up and s-t-r-e-t-c-h out your whole body.*
4. *Take five to ten slow, deep breaths.*
5. *Close your eyes and pretend that you are in a very peaceful and pleasant place. It could be a beach, the woods, your home, the place you worship – any place that you feel relaxed. Breathe deeply and imagine you are there. Feel the peace that you normally experience when you are there.*