



Mini-Relaxation Exercise

Get yourself into a comfortable position, either sitting or laying down. Uncross your hands and feet.

1. Look up, as though you are looking at a spot on the ceiling or the inside of your forehead.
2. Count to three, then gently let your eyelids close and relax your eyes and eyelids.
3. Take a deep breath, hold it and release it slowly, thinking the word RELAX or CALM or PEACE.
4. Slowly count from 10 down to 1, each time taking in a deep breath, release it slowly and repeat your word to yourself.
5. When you reach the number 1, repeat a positive affirmation to yourself, such as: "Everyday, in every way, I am getting better and better. I am calm and I am relaxed."

To return to a state of awareness, say to yourself, "I am going to count to 3 and when I reach the number 3, I will open my eyes feeling rested, relaxed and very alert."

For at least four weeks, repeat this exercise several times a day.

Call the EAP for **free & confidential** counseling and referral



1-800-526-3485

Family members are welcome to use the EAP.

Solutions EAP is a program of Behavioral Health Connecticut

