

Simple Meditation Exercise

Muscular relaxation exercises

The following exercise describes muscular relaxation which teaches you to recognize and reduce the tension we experience when we are anxious.

At first, it may be helpful to read the instructions as you go through the task until you gradually learn them over time.

- Start by selecting a warm, comfortable place where you won't be disturbed. To begin with, choose a time of day when you feel most relaxed.
- Lie down, get comfortable and close your eyes.
- Concentrate on your breathing for a few minutes, breathing slowly and calmly: in two-three and out two-three. Say the words "calm" or "relax" to yourself as you breathe out. The relaxation exercise takes you through different muscle groups, teaching you firstly to tense and then relax. You should breathe in when tensing and breathe out when you relax.
- Starting with your hands, clench one fist (but not too tightly). Think about the tension this produces in the muscles of your hand and forearm. Study the tension for a few seconds and then relax your hand. Notice the difference between the tension and the relaxation. You might feel a slight tingling. This is the relaxation beginning to develop.
- Do the same with the other hand.
- Each time you relax a group of muscles think how they feel when they're relaxed. Don't try to relax, just let go of the tension. Allow your muscles to relax as much as you can. Think about the difference in the way they feel when they're relaxed and when they're tense.
- Now do the same for the other muscles of your body. Each time tense them for a few seconds and then relax. Study the way they feel and then let go of the tension in them.

It is useful to stick to the same order as you work through the muscle groups:

- Hands - clench first and then relax.
- Arms - bend your elbows and tense your arms. Feel the tension especially in your upper arms. Remember, do this for a few seconds and then relax.
- Neck - press your head back and roll it from side to side slowly. Feel how the tension moves. Then bring your head forward into a comfortable position.
- Face - there are several muscles here, but it is enough to think about your forehead and jaw. First lower your eyebrows in a frown and then relax your forehead. You can also raise your eyebrows, and then relax. Now, clench your jaw, notice the difference when you relax.
- Chest - take a deep breath, hold it for a few seconds whilst noticing the tension and then relax. Let your breathing return to normal.
- Stomach - tense your stomach muscles as tight as you can and relax.
- Buttocks - squeeze your buttocks together and relax.
- Legs - straighten your legs and bend your feet towards your face.
- Finish by wiggling your toes.

NOTE: You may find it helpful to get a friend to read the instructions to you or record the instructions on a tape or CD. Remember; don't try too hard, just let it happen.