

QUICKIE RELAXATION EXERCISE

- 1. Close your eyes, and give yourself 5 (or 10 or 20) breaths to think of nothing other than your breath. Repeat the cycle if you wish. Relax your shoulders and arms too.*
- 2. Take a deep breath and feel you are stretching your whole body like a balloon. Release your breath, empty the balloon & the tension, too.*
- 3. Take a deep breath, and shrug your shoulders slowly up to your ears as you breathe in. Breathe out and slowly let your shoulders down all the way free of tension.*
- 4. Train yourself to let your shoulders down every time you breathe out.*
- 5. Relax your arms and hands. More slowly than you have ever moved, bring your thumb and forefinger together to touch. Then slower, separate them. Repeat each finger.*
- 6. Breathe in, tense the whole body, and release with a whoosh.*



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY



مركز الإرشاد الجامعي
University Counseling Center



@UODCC



0133330844



CAC@UOD.EDU.SA