

Title:  
Relaxation Techniques

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Summary:  
When looking for relaxation techniques you will find there are many forms. Here are a selection of relaxation techniques.  
For a deeper state of relaxation you might want to use a combination of these relaxation techniques.

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Article Body:  
When looking for relaxation techniques you will find there are many forms. Here are a selection of relaxation techniques.

#### Relaxation techniques and methods

For a deeper state of relaxation you might want to use a combination of these relaxation techniques.

#### Relaxation techniques: Meditation

Meditation is a mental exercise. You choose an object or a visual image and focus on it. A popular form of meditation is Transcendental Meditation.

This helps to develop something called mindfulness. Random thoughts are reduced when mindfulness is practiced.

#### Relaxation techniques: Progressive relaxation

Muscles are used with the progressive relaxation technique. This technique is used to help identify and relax tense muscles.

It is best to lay down when practicing this technique. You should focus on one muscle at a time.

#### Relaxation techniques: Breathing

There is a logical reason why breathing exercises help you to relax. If you are tense you may breathe shallowly.

This exercise helps you to get into the habit of breathing using your belly. You can notice the diaphragm moving.

To do the exercise sit in a comfortable chair. Your back should be straight. Both feet should be flat on the floor.

Inhale deeply through your nose and hold for as long as it feels comfortable. Exhale through your mouth.

#### Relaxation techniques: Imagery

Another powerful technique is visualisation where you use your imagination. Guided imagery is a form of visualization.

Used on their own, any one of these techniques can be quite relaxing. Used together you will find relaxation.

If you wish to use a combination of these exercises, start with the progressive muscle relaxation technique.

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