

Here's a simple way to relax to feel better. As with all things, the more often you practice it, the better the results you'll get and the more relaxation you can enjoy.

Enjoy Relaxation:

1. Find somewhere comfortable to sit where you won't be disturbed for as long as you want to relax.
2. Close your eyes and imagine all the muscles in your body solely and easily relaxing. From the top of your head relaxing even more, through your face, jaw and the back of your neck and shoulders. Keep allowing yourself to relax all the way down through every muscle as your breathing relaxes.
3. As you relax more and more, slowly count down in your mind from ten down to zero with each breath. As you count down, allow the voice in your mind to become slower and calmer. Imagine putting all the stresses, strains, worries, issues and things you need to do later that you don't need to think about right now in a box and close the lid and let it move off into the distance.
4. When you feel comfortable relaxed, imagine travelling in your mind to a calm, peaceful location (this could be somewhere you've been before or somewhere you imagine to be so peaceful like a secluded beach or quiet forest). Imagine it as if you are right there, seeing what you'd see, hearing what you'd hear and feel the feelings of calmness and peacefulness spreading inside you with every deep breath out.
5. Allow yourself to enjoy being in this peaceful place for as long as feels good and for as long as you want to relax. Because you can stay in this calm place for as long as feels good to you as you continue to relax.
6. When you are ready to come back into now, feeling refreshed, count up from one to five and with each number allow yourself to become a less and less relaxed and more back into the now. So that when you reach five your eyes will open, you can stretch and smile and get on with your day feeling good.