

THE RELAXATION RESPONSE

BASIC COMPONENTS:

1. **A Quiet Environment** – a place with few distractions.
2. **A Mental Device** – a sound, word or phrase repeated silently or aloud or gazing at an object. The repetition of the word helps minimise distracting thoughts. Usually eyes are closed unless gazing.
3. **A Passive Attitude** – disregard distracting thoughts and attend to repetition or word. Don't worry about how well you are doing. Adopt a "let it happen" attitude. The passive attitude is the most important element in this technique. Distracting thoughts are to be expected; just return to repeating the word and disregarding the distractions.
4. **A Comfortable Position** – sit relaxed to reduce noticeable tension. Be comfortable.

TECHNIQUE:

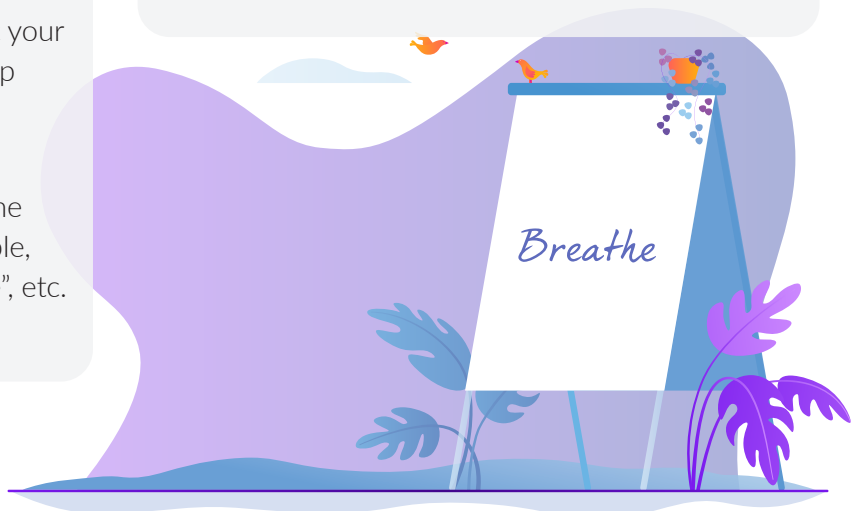
1. **Sit quietly** in a comfortable position.
2. **Close** your eyes.
3. **Deeply relax** all your muscles beginning at your feet and progressing up to your face. Keep them relaxed.
4. **Breathe** through your nose. Be aware of your breathing. As you breathe out, say the word "one" silently to yourself. For example, breathe IN ... OUT, "one", IN ... OUT, "one", etc. Breathe easily and naturally.

5. **Continue for 10 to 20 minutes.** You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes; at first with your eyes closed and later with your eyes open. Do not stand up for a few minutes.
6. **Do not worry about whether you are successful in achieving a deep level of relaxation.** Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them and return to repeating "one". Practice the technique once or twice daily, but not within two hours after any meal.

WHEN TO REACH OUT FOR HELP

Converge offers 24-hour, 7 day a week counselling support. The great thing is, because we offer phone and videoconferencing facilities, we can provide that support for you, even if you're at home.

To access the EAP services, simply call **1300 OUR EAP (1300 687 327)** to make a time to speak with one of our team.



MORE INFORMATION

T 1300 687 633
E consulting@convergeintl.com.au
convergeinternational.com.au

Converge
international