

Habit #2

RELAXATION

Take rest;
a field that has rested gives a bountiful crop.
~Ovid

Quick Notes

- Your relaxation/tension level affects everything
- Prevention mindset (resolves all kinds of problems)
- Helps you breathe better
- Link relaxation and breathing together
- Connects you to deeper wisdom (belly brain)
- Allows you to think about things from different perspective
- It's a skill, the more you practice the better you get

Benefits of Relaxation

- Decreases stress on your mind and body
- Reduce stress hormones
- Boosts your immune system
- Increases blood flow to major muscles
- Reduces muscle tension and chronic pain
- Improves concentration and mood
- Reduces anger and frustration
- Boosts confidence and self esteem

Tense and Release Technique

- Use this when you have some time to go deeper
- Imagine your body as a sponge, squeezing out tension and then letting the relaxation spread through your body
- Progressively tense and release your toes, bottom of feet, top of feet, calves, knees, thighs, waist, stomach, chest, shoulders, arms, hands, shoulders, neck, jaw, lips, eyes, face, top of head, back of head, down neck and shoulders, spine, back of legs, toes
- Focus on the heaviness and feel yourself sinking

Body Scan Exercise

- This one is quick and can be used throughout the day
- Focus on an area and feel/pretend that part “let go”
- Feel the warm, heavy relaxation in those areas
- Start at your toes, bottom of feet, top of feet, calves, knees, thighs, waist, stomach, chest, shoulders, arms, hands, shoulders, neck, jaw, lips, eyes, face, top of head, back of head, down neck and shoulders, spine, back of legs, toes
- Cycle through again and feel the relaxation continuing to flow over and through you

Integrating Relaxation Into Your Day

- It has an ongoing residual effect on you
- Notice where you store the most tension in your body
- Use anchors to remind you to relax throughout the day
- Become aware of situations that make you tense, so you can prepare for them
- Commit to relaxing during the master ritual
- Identify some times you could relax during the day