



BE UNSTOPPABLE

COACHING



Relaxation Techniques

Guided Tool





Relaxation Techniques

MUSCLE RELAXATION

Repeat the process 1-2 times per muscle group. Sit in a quiet environment, low tone and light a candle if possible. Ideally you should do this with your eyes closed, however, if you suffer from acute trauma, keep your eyes open. Muscle relaxation is not suitable for people who are prone to epilepsy.

Muscle Groups: Feet, Legs (calves/thighs), Buttocks, Stomach/Back, Arms (close the fists), Face, Tongue. Finish with full body contraction.

- Treat this as a guided meditation, moving from one muscle group to the next.
- Focus on the first muscle group.
- Tense the whole area of that muscle group (contract the muscles).
- Hold the tension for up to 10-seconds.
- Release the contraction and feel the pressure dissolving.
- Relax for 5-10 seconds before moving onto the next muscle group.

VISUALISATION

Creating or finding your happy place and inner calm.

- Use a guided meditation or guided imagery script (available online).
- The guided meditation should take you to a blissful place for mental peace.
- Focus only on the script and step-by-step instructions to see the image.
- If a thought pops into your head, just push it aside and refocus in the script.
- This is great to learn to control your thoughts and focus.
- The desired image/destination of your choice can become your instant 'go-to happy place'.

BREATHING

Controlled and focused breathing to reduce stress and anxiety.

- Focus on your breath only (if needed, close your eyes).
- Visualise your lungs expanding and deflating as you inhale and exhale.
- Place your hand on your chest to feel the movement.
- Inhale very deeply and hold the breath for as long as possible, then exhale slowly.
- Repeat this process multiple times until you feel a sense of calm.