

Calming Your Body

Objective

To trigger the “relaxation response” to increase feelings of calm and well-being.

You Should Know

This 12-minute audio can be used to help people with a variety of concerns and problems. This type of audio triggers the “relaxation response” in the brain, which has been shown to lower blood pressure and heart rate and produce biochemicals in the brain associated with feelings of calm and well-being. Practicing relaxation techniques on a regular basis may have a variety of additional health benefits.

[Click here to hear the audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are feeling anxious or stressed. Click here to listen to this audio.

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Use the following chart to record your daily relaxation practice. Make several copies of this chart, and keep a record of the time you spend practicing this relaxation technique until it is truly a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily relaxation exercise.

| Day | Time of Day | Minutes | Mood Before Relaxation | Mood After Relaxation |
|-----------|-------------|---------|------------------------|-----------------------|
| Sunday | | | | |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
