

Relaxation Response



Sit quietly in a comfortable position. Close your eyes. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them deeply relaxed.

Breathe through your nose. Become aware of your breathing. As you breathe out, say the word “one” silently to yourself. Continue for 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you have finished, sit quietly for several minutes, at first with closed eyes and later with open eyes.

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. Expect distracting thoughts. When these distracting thoughts occur, ignore them and continue repeating “one”.

Practice the technique once or twice daily, but not within two hours after a meal, since the digestive process interferes with transitioning into a relaxed state.