



## 3 Easy Steps to Relaxation By Wasantha Young

Coping with stress on a daily basis can be challenging. Here are three easy tool box techniques that you can use at home, on the job, or while you travel.

**Scenario One:** You find yourself in the middle of a stressful situation and you just can't walk away...

### Tool Box Technique

- ❖ Take a breath and relax your feet on the ground.
- ❖ Imagine that your feet are connected to the ground and take another breath.
- ❖ Press the ground with your toes, take a breath.
- ❖ Relax your feet and take a breath.

**Scenario Two:** You're in your office and it's been a hectic day where you have spent most of your time at the desk...

### Tool Box Technique

- ❖ Close the door, or find a private space and do a little wiggle.
- ❖ Gently turn your waist and let your arms swing.
- ❖ Roll your shoulders forward a few times and then back a few times.
- ❖ Inhale and exhale with an Ahhhhh two times; then you should be ready to resume work.

**Scenario Three:** Beginning and ending your day feeling relaxed and rejuvenated...

### Tool Box Technique

#### *Relaxing Down*

- ❖ Mentally scan your body from head to toe sensing for where you are holding tension
- ❖ As you come across an area that is tense imagine it melting away
- ❖ As you inhale imagine that this area is being filled with nourishing energy
- ❖ As you exhale release from this area what no longer serves you.



*Follow this process downward from the head to the neck, shoulders, arms, lower back, hips, legs, feet, etc., anywhere you sense tension. Another image you can use in the area of tension on the inhale is space ... space is the absence of tension.*

#### *Opening Up*

- ❖ Imagine that your feet are like the roots of a tree
- ❖ Using your mind, like a thread, work upward from the feet pulling vital energy from the ground
- ❖ This vital energy passes through the joints of the skeletal system, starting with the ankles, to knees, hips spine, shoulders, elbows, wrists to fingertips; from the spine to the back of neck all the way to the top of head.
- ❖ As this energy is released out the top of head, feel it showering you downward with a flow of relaxation while maintaining the openness on the inside.