

Instructions for Meditation:

- 1) Lie in a comfortable position with no limbs crossed. Listen to soft music if you can. If you have soft music, use the same music every time (classical conditioning).
- 2) Breathe deeply throughout this entire exercise.
- 3) Scan your body for tension. If its there, notice it, tell yourself to "let it go."
- 4) As you breathe in, in your mind say "re."
- 5) As you breathe out, say "lax" so the word becomes "Relax" (you can choose any calming word you like).
- 6) Imagine that every time you breathe out, you are breathing out tension, every time you are breathing in, you are breathing in calmness.
- 7) If thoughts come to you, tell yourself "stop, there's nothing I can do about it right now." Gently go back to saying "re-lax."
- 8) Do this exercise every day for at least 10 minutes.
- 9) When you get upset in a situation, breathe deep, and say "relax."
- 10) The more you practice this exercise, the easier it will to become relaxed to the word "relax."

Imagery Exercise:

After step 3, imagine a place where you would feel the most relaxed. For some people it is by a lake or river or on top of a mountain. Imagine the scene as clearly as you can. Imagine that you are lying in that place. Do all the other steps as described above.