

Breathing

Begin by turning your attention to your breathing. Simply notice the way in which you breathe. Is it fast or slow, shallow or deep, rough & irregular or smooth and regular? Slowly, gradually allow yourself to come to a way of breathing that is smooth, deep and regular, smooth, deep and regular.

Muscle Relaxation

You can deepen this feeling by relaxing the muscles of your body, one group of muscles at a time. You can do this by counting from "1 to 10", and for each number you count, relaxing a particular set of muscles. To begin, take in a long deep breath and count 1, focus on your belly, feel the muscles, hold the breath for a moment until ready, and then breathe out and relax. Continue to count, breath-by-breath, and focus on the muscles of the body, one group of muscles at a time.

2- Chest

3- Back

4- Upper Legs

5- Lower Legs

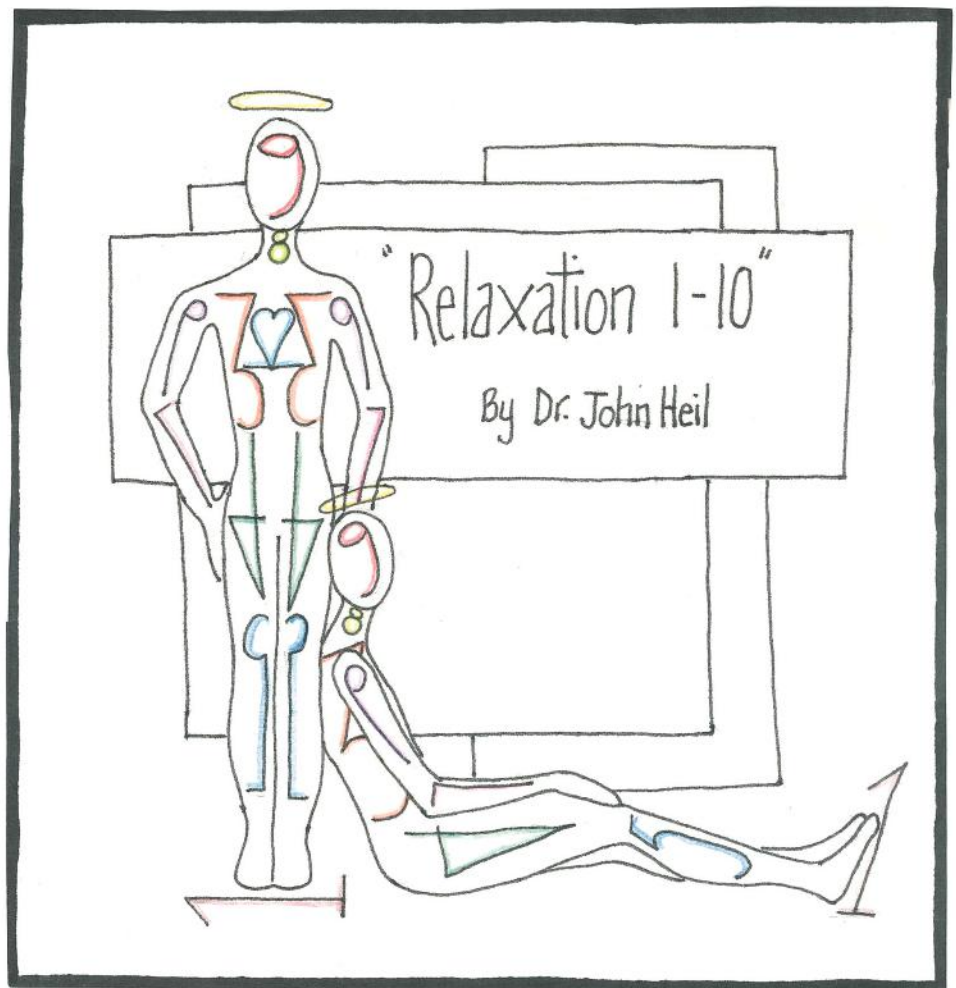
6- Upper Arms

7- Lower Arms

8- Neck & Shoulders

9- Face, Forehead & Head

10- Whole Body



Breathing in a way that is smooth, deep and regular, smooth, deep and regular.

You can enhance this technique by imagining seeing each number on the body, as you count breath-by-breath, relaxing one group of muscle at a time. See illustration above.

A multimedia version is available at: [ZenZoneDigital.net](https://zenzonedigital.net)
<https://zenzonedigital.net/resources/>