

Relaxed Dental Visits

Feel Relaxed in Ten Minutes



Simple Relaxation for You

A simple way to relax in ten minutes...this easy process can be used at any time of the day. It is particularly effective when going to bed if you suffer from insomnia, or when you first arrive home from work after a particularly stressful day. As with any relaxation technique, the more you practice, the easier it will become.

Some people find it easy to relax, others find it very difficult. This article is aimed at those who find it difficult.

This process is excellent to use if you are having trouble falling asleep at night or just find it hard to switch off from the stresses of life!

Sit yourself down somewhere comfortable and relaxed where you are unlikely to be disturbed for a few minutes.

Step 1. Take a deep breath and hold it for a couple of seconds, then release it as slowly and steadily as you can. Then repeat this breathing action just one more time and as you let out the breath very gently allow your eyes to close.

Step 2. For the next couple of minutes focus on nothing but your eyelids. Allow them to relax as fully as they can. Imagine them becoming heavier and heavier over your eyes, picture them becoming relaxed. The eyelids have some of the smallest muscles in the human body and are the easiest to relax.

Step 3. After a couple of minutes picture, and feel, the relaxation in your eyelids spreading down your entire body from the top of your head to the tips of your toes in a flowing wave of relaxation and comfort. Then feel that relaxation double.

Step 4. Now, once again concentrating on your breathing, on each outward breath say inwardly to yourself the word 'relax' without moving your throat or tongue, your lips perfectly still, your breathing pattern unaltered. On every outward breath just think to yourself 'relax' and feel the stress and tension leaving your body.

Step 5. As you continue to breathe normally, thinking 'relax' on each outward breath picture your body slowly relaxing one section at a time. Start at the head and face relaxing, move down through the neck and shoulders, feel your arms relaxing, you're your hands and fingers. Let all the tension flow away from your body. Then move that relaxed feeling to your back and spine, through your chest, relaxing your stomach, waist and hips. Then finally feeling the relaxation moving down through your legs and into your feet and toes. Each step of the way let your body relax deeper and continue to think 'relax' on each outward breath.

Step 6. When you feel fully relaxed enjoy the sensation for as long as you like, imagine each cell of your body fully relaxed and softly glowing. Imagine the soft glow getting brighter and stronger as you relax. Then, when you are ready slowly open your eyes, take a short moment or two to stretch and revive yourself. Consciously choose to focus on moving forward with the rest of your day, feeling relaxed and energized!

Enjoy Relaxation Today!