

Relaxation on One Hand

The following activity is a way for you to relax any time you feel stress or tension. It is a self-guided imagery exercise that you can use to focus on positive thoughts and images. Relaxation techniques are skills, and your ability to relax improves with practice. You might practice this a few times so that you can memorize the activity and easily do it whenever you need to relax. Once you become comfortable with this, you can even create your own thoughts and images.

As you focus on relaxing, think about your breathing. Breathe in slowly through your nose and push out your breath slowly through your mouth. Be aware of the rhythm of your breathing, as even this awareness can be relaxing. Then focus on your hand and fingers, moving them back and forth. Be aware of how your hand and fingers feel. In this activity, you will focus on each finger as you breathe deeply and think about some positive memories and images. Try to use as many senses as you can such as sights, sounds, smells and textures.

1. **Focus on your thumb.** Think about and imagine a peaceful scene; somewhere you have been or a beautiful place that you would find relaxing. Focus on all your senses and what it feels like to be in this calming place.
2. **Focus on your index finger.** Think about and imagine a positive interaction with another person; one where you felt connected and good. Focus on all your senses and what it feels like to feel safe and connected to someone else.
3. **Focus on your middle finger.** Think about and imagine yourself doing something physically active that brings you energy and joy. Focus on all your senses and what it feels like to feel good about your body and to be active.
4. **Focus on your ring finger.** Think about and imagine yourself floating in space, without activity or stress or tension around you. Focus on all your senses and what it feels like to be by yourself and content.
5. **Focus on your pinkie finger.** Think about and imagine doing something very fun; something that is making you laugh. Focus on all your senses and what it feels like to feel joy and energy.

You can do this simple relaxation exercise while you are at work, at home, or any other place where you have less than 15 minutes to relax. You can also expand this and be able to spend extra time with the imagery and relaxation if you have a longer period of time where you can lay down and relax. This relaxation activity and others can help you reduce stress, bring about calm, reduced tension, and even have positive impacts on your overall health.

Source: TrestleTree

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