



Powerful Relaxation Techniques for your Body & Mind Handout

Relaxation techniques offer hands-on practices to release tension, balance emotions, and enhance overall well-being. These exercises are designed to help you reset, recharge, and find inner calm.

Technique 1: Anchoring Calm Through the Vagus Nerve

- **Cross Arms:** Cross your arms over your chest, fingertips resting on your upper arms or shoulders, sitting comfortably.
- **Tap Rhythmically:** Gently tap your hands alternately on your upper arms, maintaining a soothing, slow rhythm.
- **Breathe and Hum:** Inhale through your nose for 4 counts, then exhale with a soft hum for 6 counts, feeling the vibration in your chest and throat. Repeat.

Technique 2: Progressive Articulation

- **Cheek Puffing:** Breathe in, puff cheeks, hold for 3 seconds, and slowly release through your mouth. Repeat 3 times.
- **Lip Fluttering:** Loosely close lips, exhale forcefully to create a fluttering sound. Repeat 3 times.
- **Nasal Flare:** Flare nostrils wide, hold for 3 seconds, then relax. Repeat 3 times.
- **Eyelid Squeeze:** Close eyes tightly, hold for 3 seconds, then relax. Repeat 3 times.
- **Tongue Stretch:** Stick tongue out, hold for 3 seconds, then relax. Repeat 3 times.
- **Chin Stretch:** Tilt head back, extend chin upward, hold for 3 seconds, then return to neutral. Repeat 3 times.
- **Jaw Release:** Place fingers on jaw, open mouth wide, then close smoothly. Repeat 5 times.
- **Temple Massage:** Massage temples in small circles with fingertips for 30 seconds while breathing deeply.

Technique 3: Triple Warming Protocol

- **Generate Warmth:** Rub your palms together firmly for 30 seconds, building strong warmth.
- **Position 1:** Place your right hand on your solar plexus (upper abdomen) and your left hand on your middle back. Breathe deeply, imagining the warmth sinking into your body. Hold for 90 seconds.



- **Switch Hands:** Move your right hand to your back and your left hand to your solar plexus. Breathe into the space between your hands, softening with each exhale. Hold for 90 seconds.
- **Final Position:** Place both hands on your face, fingers on your forehead and palms cupping your cheeks. Inhale warmth into your facial muscles and exhale tension into your hands. Hold, breathing deeply, for 90 seconds.
- **Adjust for Comfort:** Modify pressure and positioning as needed to feel most nurtured.

Here are a few more resources that may help:

Assessments:

- How mindful are you?

<https://member.1to1help.net/assessment/how-mindful-are-you/98>

Articles:

- The time to relax is now!

<https://member.1to1help.net/articles/The-time-to-relax-is-now!/MTk4>

- Specific Relaxation Techniques

<https://member.1to1help.net/articles/Specific-Relaxation-Techniques/MjA0>

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