



Counseling and Human Resources Consulting, PC

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A BASIC DEEP RELAXATION TECHNIQUE

THE 10 MINUTE MIRACLE

3-8/10

*3 deep breaths, eight regular breaths
over and over for 10 minutes*

1. Close your eyes. Stop thinking, do not pay attention to thoughts, images, memories, feelings.
2. Focus attention on your body and begin to relax your muscles.
3. Single mindedly focus on your breath, in-breath, out-breath, over and over.
4. Take a deep, full, slow inhale through your nose, then a quick, sighing exhale through your mouth—3 times in a row.
5. Relax and feel the lightness and sense of well-being that washes through, but keep your focus on the experience of your breathing rhythm while the pleasant sensation slowly goes away.
6. Breathe normally for 8 breaths and then repeat the three deep breaths routine. Do this over and over for the remainder of the relaxation period.
7. Practice this technique for a minimum of 10 minutes every day. 20 minutes twice a day is best but is difficult to do.