



St. Michael's House

Services for people with intellectual disabilities

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Psychology Department, Mental Health Team

23rd April 2020

Simple body relaxation



This exercise helps you notice stress or tension in your body and helps you let go of the stress or tension

chair



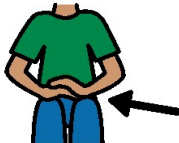
Get comfortable in your chair. Feel your back resting against the chair

feet



Two feet flat on the ground.

hands on lap



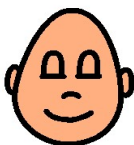
Hands resting on your lap.

shoulders



Shoulders loose and comfortable

close eyes



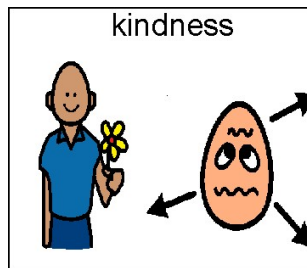
Close your eyes or look at the ground

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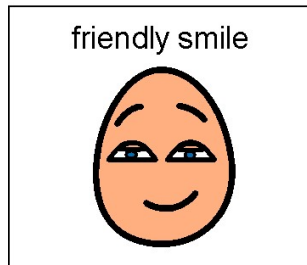
Chief Executive: Ms. Anna Shakespeare

St. Michael's House: Co. No. 27628. CHY5692.

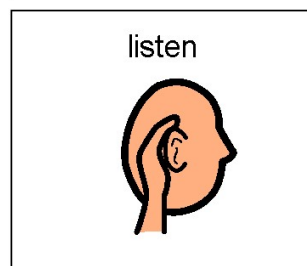
Chair: Mr. M. Lyes. **Directors:** Mr. M. O' Farrell, Ms. N. Moran, Dr. A. Quinlan, Prof. E. Hennessy, Mr. P. Cullen, Mr. T. Casey, Prof. A. Staines, Mr. L. O'Donohoe, Mr. N. Beecher.



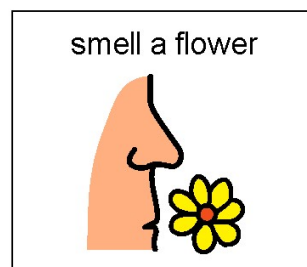
Notice if your mind has wandered and gently and kindly bring your attention back to the exercise.



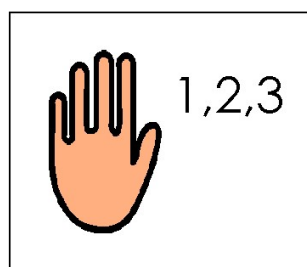
Bring a friendly smile to your face



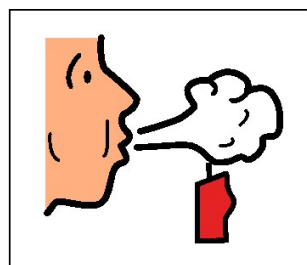
lets start with a breathing rhythm that is kind to your body.



Breathe in, smell a flower 1,2,3

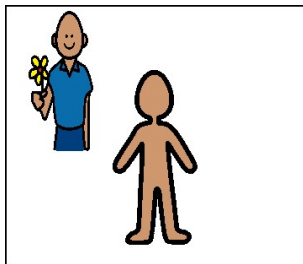


Hold your breath 1,2,3



Breathe out, blow a candle 1, 2, 3

repeat x2



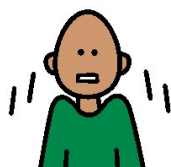
Now we are going to spend some time being kind to your body

feel

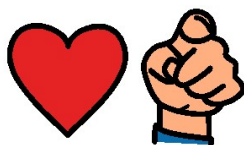


Your body feels all your upsetting feelings, thoughts and times

tense

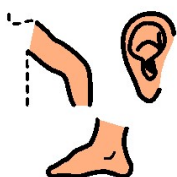


Upsetting feelings, thoughts and times makes the body stressed and tense



The body needs you to notice this stress and tension and with loving kindness and let the tension go

body parts

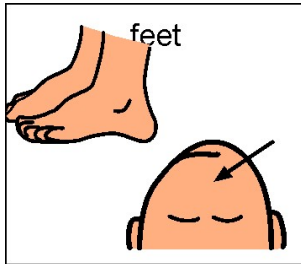


You will notice different parts of your body, notice any tension and with kindness let it go

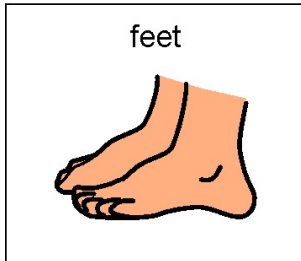
relax



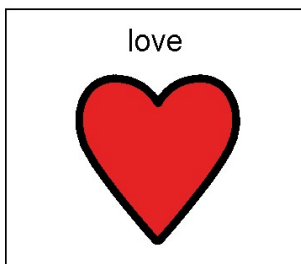
notice how your body feels when you bring love and kindness to each part



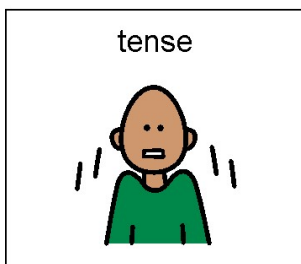
You will start with your feet and finish with your head



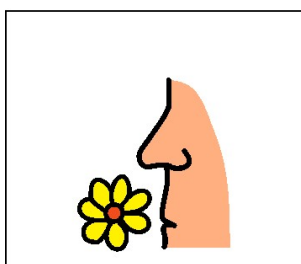
Notice any feelings of stress or tension in your feet



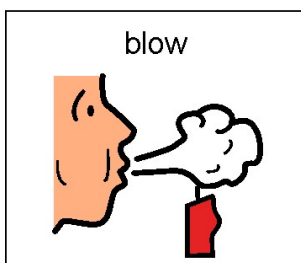
Bring a feeling of love and kindness to your feet.



As you bring love and kindness to your feet notice any stress or tension

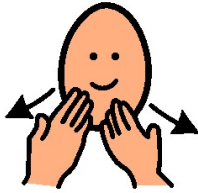


As you breathe in feel the stress and tension in your feet.



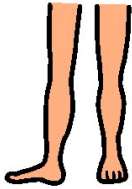
As you breathe out let go of the stress and tension in your feet

thank you



Imagine your feet saying thank you as the stress and tension is leaving your feet

legs



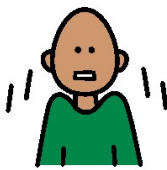
Notice any feelings of stress or tension in your legs

love

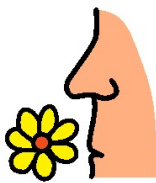


Bring a feeling of love and kindness to your legs

tense

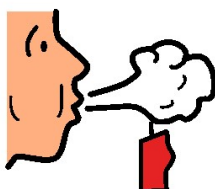


As you bring love and kindness to your feet notice any stress or tension



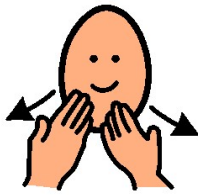
As you breathe in feel the stress and tension in your legs

blow



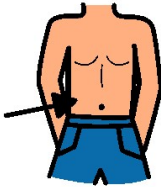
As you breathe out let go of the stress and tension in your legs

thank you



Imagine your legs saying thank you as the stress and tension is leaving your legs

tummy



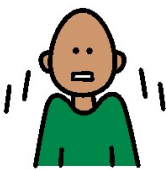
Notice any feelings of stress or tension in your tummy

love



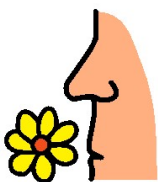
Bring a feeling of love and kindness to your tummy

tense



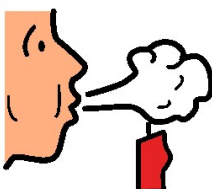
As you bring love and kindness to your tummy notice any stress or tension

smell



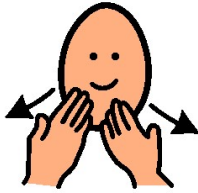
As you breathe in feel the stress and tension in your tummy

blow



As you breathe out let go of the stress and tension in your tummy

thank you



Imagine your tummy saying thank you as the stress and tension is leaving your tummy

chest



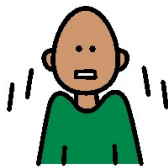
Notice any feelings of stress or tension in your chest

love



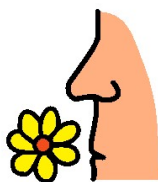
Bring a feeling of love and kindness to your chest

tense



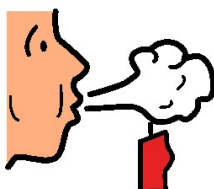
As you bring love and kindness to your chest notice any stress or tension

smell



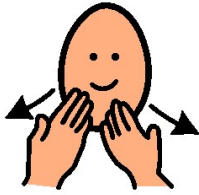
As you breathe in feel the stress and tension in your chest

blow



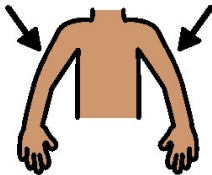
As you breathe out let go of the stress and tension in your chest

thank you



Imagine your chest saying thank you as the stress and tension is leaving your chest

arms



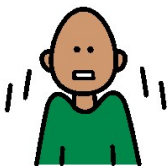
Notice any feelings of stress or tension in your arms

love



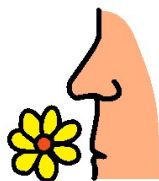
Bring a feeling of love and kindness to your arms

tense



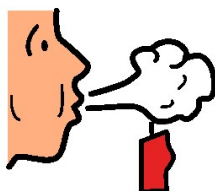
As you bring love and kindness to your arms notice any stress or tension

smell



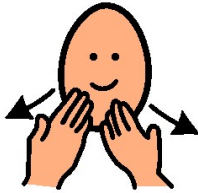
As you breathe in feel the stress and tension in your arms.

blow



As you breathe out let go of the stress and tension in your arms

thank you



Imagine your chest saying thank you as the stress and tension is leaving your arms

hands



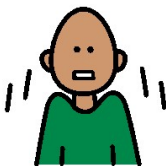
Notice any feelings of stress or tension in your hands and fingers

love



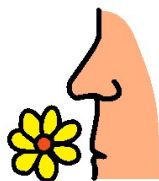
Bring a feeling of love and kindness to your hands and fingers

tense



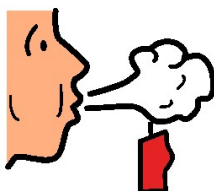
As you bring love and kindness to your hands notice any stress or tension

smell



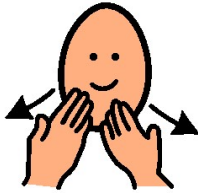
As you breathe in feel the stress and tension in your hands and fingers.

blow



As you breathe out let go of the stress and tension in your hands and fingers

thank you



Imagine your hands saying thank you as the stress and tension is leaving your hands

shoulders



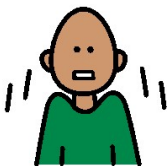
Notice any feelings of stress or tension in your shoulders

love



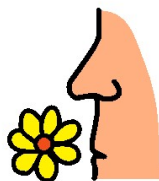
Bring a feeling of love and kindness to your shoulders

tense



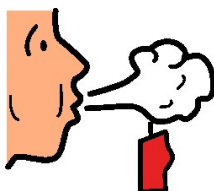
As you bring love and kindness to your shoulders notice any stress or tension

smell



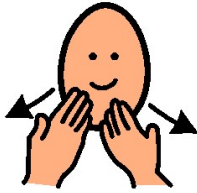
As you breathe in feel the stress and tension in your shoulders.

blow



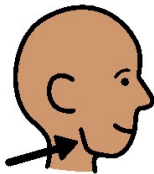
As you breathe out let go of the stress and tension in your shoulders

thank you



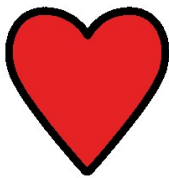
Imagine your shoulders saying thank you as the stress and tension is leaving your shoulders

jaw



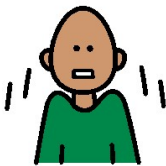
Notice any feelings of stress or tension in your jaw

love



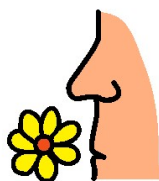
Bring a feeling of love and kindness to your jaw

tense



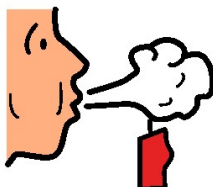
As you bring love and kindness to your jaw notice any stress or tension

smell



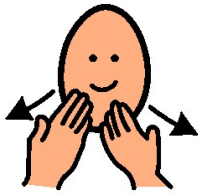
As you breathe in feel the stress and tension in your jaw

blow



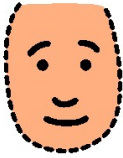
As you breathe out let go of the stress and tension in your jaw

thank you



Imagine your jaw saying thank you as the stress and tension is leaving your jaw

face



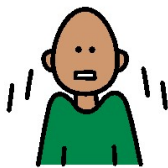
Notice any feelings of stress or tension in your face, your eyes, checks or forehead

love



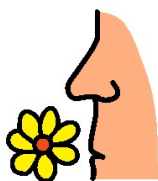
Bring a feeling of love and kindness to your face

tense



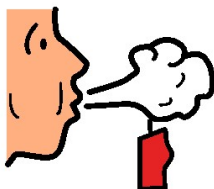
As you bring love and kindness to your face notice any stress or tension

smell



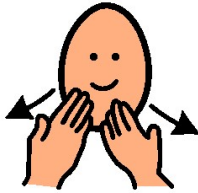
As you breathe in feel the stress and tension in your face

blow



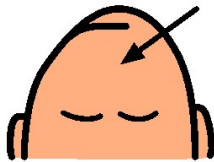
As you breathe out let go of the stress and tension in your face

thank you



Imagine your face saying thank you as the stress and tension is leaving your face

head



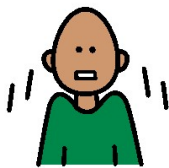
Notice any feelings of stress or tension in the top of your head

love



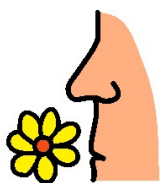
Bring a feeling of love and kindness to your head

tense



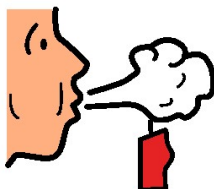
As you bring love and kindness to your head notice any stress or tension

smell



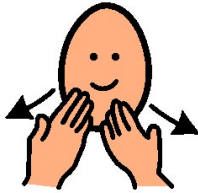
As you breathe in feel the stress and tension in your head

blow



As you breathe out let go of the stress and tension in your head

thank you

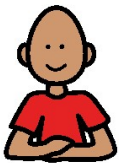


Imagine your head saying thank you as the stress and tension is leaving your head



Notice what it is like to bring love and kindness to your body

calm



Notice how calm, still, quiet and relaxed you feel

body



Your whole body feels the warmth of the love and kindness.



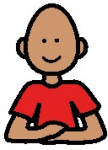
In your own time, slowly and calmly, bring your attention back to sitting on the chair in this room.

open eyes



Open your eyes, stop looking at the ground

calm



You can bring this kind relaxation
with you at home, work or in the
community.

stretch



And stretch.

A company limited by guarantee. **Registered Office:** Ballymun Road, Ballymun, Dublin 9.

Chief Executive: Ms. Anna Shakespeare

St. Michael's House: Co. No. 27628. CHY5692.

Chair: Mr. M. Lyes. **Directors:** Mr. J. Cuddy, Mr. M. O' Farrell, Mr. D. Hughes, Ms. N. Moran, Mr. R. Brett,
Dr. A. Quinlan, Prof. E. Hennessy, Mr. P. Cullen, Mr. T. Casey, Prof. A. Staines, Mr. L. O'Donohoe, Mr. N. Beecher.