

Autogenic Relaxation

Autogenic relaxation is a popular and effective relaxation technique where you relax each part of your body by imagining that it is warm, heavy, and relaxed. You repeat the instructions in your head while concentrating on each part of the body. With practice, it can induce a deep state of relaxation.

Although this is a simple technique, it usually takes a few days to a few weeks to correctly implement, so it is important that you practice it regularly. The better you become at it, the easier it becomes, and the more relaxed you will feel.

There are several detailed autogenic exercise scripts that you can easily find on the internet or from self-help books that will guide you through the process. There are also free audio instructions that can easily be found on the internet or YouTube. You can also download paid and free audio exercises on your smartphone. Simply do a search for autogenic relaxation.

Tips for the effective practice of Autogenic Relaxation

- Sit or lie down in a comfortable position (legs uncrossed).
- Wear comfortable clothing.
- Set aside 10 to 15 minutes to practice every day.
- Choose a place and time where you will not be interrupted (no phones).
- Practice one to two times a day.
- Repeat the words in your head in a calm and peaceful fashion.
- Breathe normally during the exercise. Do not hold your breath.
- It is generally easier if you have your eyes closed (although this is not essential).
- Avoid practicing on a full stomach.
- Try not to fall asleep. Relaxation is not the same as sleeping.

Below is a sample set of autogenic relaxation instructions

1. I am calm and relaxed (repeat 2 times)
2. My right arm is heavy and relaxed (repeat 3 times)
3. My left arm is heavy and relaxed (repeat 3 times)
4. Both my arms are warm, heavy, and relaxed
5. I am calm and relaxed
6. My right leg is heavy and relaxed (repeat 3 times)
7. My left leg is heavy and relaxed (repeat 3 times)
8. Both my legs are warm, heavy, and relaxed
9. I am calm and relaxed
10. My heartbeat is calm and steady (repeat 3 times)
11. My breathing is calm and regular (repeat 3 times)
12. I am calm and relaxed
13. My stomach is getting soft and warm (repeat 3 times)
14. My forehead is cool and relaxed (repeat 3 times)
15. I am calm and relaxed