Mini Relaxation Exercises

A “mini” is a brief (2-3 min) breathing technique to calm and reduce tension. You can do a mini at any time, any place, and with your eyes open or closed.

**Mini #1**: Count very slowly to yourself from 10 down to 0, say number on each out breath. Breathe in, and then on your first out breath, say “10” to yourself. With the next out breath, say “9”, and so on. When you reach “0”, notice how you feel.

**Mini #2**: As you breathe in, count slowly up to “4”; as you breathe out, count slowly back down to “1”. Thus, as you breathe in, say to yourself, “1.. 2.. 3.. 4” and as you breathe out, say quietly to yourself “4.. 3.. 2.. 1”. Do this several times.

**Mini #3**: Count the space between the in breath and the out breath. After each in breath pause and count, “1.. 2.. 3”, after each out breath, pause again and count “1.. 2.. 3”. Do this several times.

**Mini #4**: On the in breath, think or say to yourself, “I am”. On the out breath, think or say to yourself, “at peace”. Repeat this several times. This is a great mini to use while walking.

**Mini #5**: Square breathing. Visualize a square. On the in breath, visualize a vertical line and then a horizontal line. On the out breath, you visualize another vertical and horizontal line, and complete the square.

Now don’t you feel better! “The only time minis don’t work is when you don’t use them”.