

Relaxing Phrases

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Introduction: Sometimes it is helpful to repeat certain phrases to yourself in order to deepen your state of relaxation. These phrases can be used along with a deep breathing exercise or anytime when you would just like to close your eyes and relax. Listen to each phrase and imagine saying it to yourself, either out loud or in your mind.

I feel nice and quiet....

My breathing is deep, slow, and relaxed.....

My ankles, my knees, and my hips feel heavy, relaxed, and comfortable....

My chest, my stomach, and my whole body, feel relaxed and quiet....

I am beginning to feel very relaxed....

My hands, my arms, and my shoulders feel heavy, relaxed, and comfortable....

I can feel my neck and shoulders unwind, loosen up, smooth out, and relax more and more...

My neck, my jaws, and my forehead feel relaxed.....

They feel comfortable and smooth....

My eyes feel heavy and relaxed....

My whole body feels loose, comfortable, and relaxed....

My arms and hands are heavy and warm....

I feel very relaxed....

My whole body is relaxed and my hands are warm, relaxed and warm....

My mind is quiet.....

My mind is calm, relaxed, and quiet.....

Warmth is flowing into my hands, they feel nice and warm....

I feel a quietness inside....

I feel calm and peaceful....

My mind is quiet and my whole body is relaxed and comfortable....

Adapted from:

Arena, J.G., & Blanchard, E.B. (1996). Biofeedback and relaxation therapy for chronic pain disorders. In R.J. Gatchel and D.C. Turk (Eds.), Chronic pain: Psychological perspectives on treatment. NY: Guilford Publications, 179-230.

Blanchard, E.B., & Arena, J.G. (1999). Biofeedback, relaxation training and other psychological treatments for chronic benign headache. In M.L. Diamond and G.D. Solomon (Eds.), Diamond's and Delessio's The practicing physician's approach to headache (6th Edition). NY: W.B. Saunders, 209-224.