

RELAXATION THERAPY

THE JACOBSON PROCEDURE

PROCEDURE

Lie down on your back with palms facing upwards, as comfortably as possible. Close your eyes gently. Try to concentrate completely on what you are going to do, so that you can feel the difference between tension and relaxation and thus enjoy the feeling of being relaxed.

STEPS

1. Tightly clench your right fist. Feel the tension .Feel how comfortable it is when you are tensed .Slowly relax your fingers. Relax them completely and feel the difference . Fell how comfortable it is when you are relaxed. Enjoy the feeling of being relaxed.
2. Repeat the same with the left fist.
3. Do the same with both fist.
4. Clench both fists. Touch your shoulders with your fist without raising your arms from the foot relax.
5. Press the side of your body with your open palms (finger open)
6. Touch the side of your body with your open palms and push your shoulders downwards.

7. Touch the sides of your body with your open palms and push your shoulder upwards towards to your ears.
8. Raise your eyebrows with your eyes closed gently.
9. Knit your eyebrows.
10. Press your eyelids harder.
11. Press the upper part of the mouth with your tongue.
12. Clench your teeth as hard as possible.
13. Press your upper lip to your lower lip.
14. Raise your head off the ground and touch your chest with your chin, turn your head to the right, then to the left, slowly to the center then slowly relax.
15. Raise your chin upwards as much as possible.
16. Bring your shoulders as close as possible, by keeping your arms on the ground.
17. Press your shoulders to the ground, so that your chest expands.
18. Push your stomach as far inward as possible.
19. Push your stomach as far out ward as possible.
20. Keep your head, arms, waist, legs, and feet on the ground and raise just your back off the ground.
21. Tighten your thigh muscles.
22. Bring your feet closer and push them as far inward as possible towards your face without raising your legs.
23. Bring your feet closer and push them as far outward as possible.
24. Now slowly take a deep breath and hold it for few seconds, then slowly breath out.

Start breathing slowly.

Now right from head to toe, each part of your body is relaxed and is as light as feather. Likewise your mind is also calm and comfortable. Enjoy the comfort of being relaxed.

Relax.....Ralax.....

Be in that relaxed state for about five minutes, each minute enjoying the feeling of being relaxed.

Then slowly count 5,4,3,2,1, and slowly open your eyes. Slowly turn to your right and lie down and then slowly get up and sit down feeling light and relaxed, both in mind and body.