

STRESS MANAGEMENT TOOLS

Steps Required to Elicit the Relaxation Response:

- Step 1: Pick a focus word or short phrase that's firmly rooted in your belief system; for example the word "Peace."
- Step 2: Sit quietly in a comfortable position.
- Step 3: Close your eyes.
- Step 4: Relax your muscles.
- Step 5: Breathe slowly and naturally and, as you do, repeat your focus word or phrase as you exhale.
- Step 6: Assume a passive attitude. Don't worry about how well you're doing. When other thoughts come to mind, simply say to yourself, "oh, well" and gently return to the repetition.
- Step 7: Continue for ten to twenty minutes.
- Step 8: Practice the technique once or twice daily.