

RELAXATION AT HOME

Breathing

Find somewhere warm and quiet where you are unlikely to be disturbed for at least ten minutes. Can be done lying down or sitting in a comfortable chair with the head & neck supported. Ideally eyes should be closed.

Lay one hand over the upper chest and the other lightly over the upper abdomen focus on this lower area/hand. Notice a slight sinking area of this hand when you breathe out. Next allow air to flow into lungs, notice a slight rising of the lower hand. Think of slowly letting the air in & out rather than taking a breath. Allow this to happen naturally don't try to change it. Just let the breath flow gently & smoothly. Feel the cool air enter the nose; imagine it passing into the lower lung/upper abdomen, then the warm air flowing out. Gradually you can feel a sense of quiet. Perhaps you can feel the rate getting slower, always flowing smoothly & gently. Let your mind continue to focus on your breathing for a few minutes longer. Feel yourself relaxing with each breath. Enjoy the feeling of being calm.

Muscle Relaxation

Once you feel calm, focus attention on your muscles. Imagine a slow warm wave of relaxation gathering at the top of your head & beginning to descend towards your forehead & muscles above your eyes, feel those muscles becoming heavy & relaxed. Then as you feel the wave descend over your face let the cheeks & jaw become heavy & relaxed, the face gently soften, the tongue resting lightly against the teeth. Slowly the wave rolls over your neck & shoulders. Feel the muscles becoming slack & warm. Your shoulders getting heavier & softer. Let the wave run down your arms bringing a soft heaviness & warmth. Feel the muscles of your palms & fingers relaxing, warmth flowing into them. Notice how the wave passes over your chest & back, a feeling of warmth & floppiness. The whole body supported by the chair/bed. Then as the wave reaches your thighs feel the legs become heavy. The calves relax then the warmth envelops your feet, relaxing them. Feel them becoming warm & heavy, the toes slightly tingly.

Finally bring yourself out of it slowly by gently stretching your hands & feet, become aware of the room around you. Open your eyes, count down from 5 to 1 as you become more alert.

<http://www.headpainrelief.co.uk>

This leaflet provides information only. Cheyham Lodge Headache & Migraine Clinic can accept no responsibility for any loss, howsoever caused, to any person acting or refraining from action as a result of any material in this leaflet or any information given. Medical advice should be obtained on any specific matter.

Cheyham Lodge Headache and Migraine Clinic

Get into the habit of checking on your breathing from time to time; making sure it is slow & steady. Also regularly scan the body for unnecessary tension & release it.

It is especially important to do this if facing/involved in stressful situations (physical or mental).

<http://www.headpainrelief.co.uk>

This leaflet provides information only. Cheyham Lodge Headache & Migraine Clinic can accept no responsibility for any loss, howsoever caused, to any person acting or refraining from action as a result of any material in this leaflet or any information given. Medical advice should be obtained on any specific matter.