

RELAXATION EXERCISE

Play classical music very low in the background. Tell students to close their eyes and find a comfortable position. In a soothing voice, slowly give the following directions, remembering to pause for 3-5 seconds where you see a series of dots (...)

"Breathe deeply and slowly, inhale and exhale very slowly. Listen to your breathing as you inhale and exhale. Start with your feet, relax your body. Feel your feet and legs relaxing and getting heavy. Breathe very deeply as your legs relax...

Now feel your back and abdomen relax as you breathe in and out. Your shoulders are now relaxed and heavy... Your arms and hands are very limp and relaxed. Breathe slowly and deeply as you relax your neck and face.

Continue to relax and breathe deeply as you think about your future. See yourself in one year, finishing your training program or your first year of college... How do you feel? See yourself getting excellent grades or receiving your certificate... Feel how happy and satisfied you are with your hard work...

Now see yourself going to work, in the job you want. You are driving up to the door of the place where you work... You walk in and feel great because you have this job... See yourself doing the work and thinking about how much you love this job...

Now see yourself at home. Where do you live now? See yourself relaxing and feeling wonderful about everything you have done in your career and your life... Picture yourself happy and looking forward to the next day.

Now relax and continue to breathe deeply as you see yourself where you want to be because you have followed through on your goals... breathe deeply and begin to come back to the room... When you are ready, slowly open your eyes...

Now do a quick write for three minutes about what you saw and felt as you relaxed and thought about your future."