



## Relaxation Exercise: A Favorite Place



Sit in a comfortable chair with your arms at your side or lie down on your bed in a comfortable position with your arms and legs uncrossed. You can also choose any other position in which you feel totally comfortable.

- Close your eyes. This will allow you to concentrate and to keep your mind from wandering.
- Put one hand on your abdomen. Now take a deep breath and feel your abdomen rise slowly as you inhale and go down as you exhale. You can mentally say to yourself “in” with each inhalation through your nose and “out” with each exhalation through your mouth (Pause).
- Begin to focus on your breathing. Inhale deeply through your nose and exhale slowly through your mouth. Each breath you take leaves you more and more relaxed...it purifies your whole body and mind.
- Imagine being in your favorite place.
- What do you see, hear, taste, smell?
- What thoughts do you have when you are in your favorite place?
- How does being in your favorite place affect your mood?