



Relaxation Exercise: Using Mental Images to Relax (*Using Your Imagination*)



Putting down a load. Imagine yourself carrying all your responsibilities in a big sack on your shoulders. Once you are ready to begin relaxing your muscles, as you sit quietly with your eyes closed, imagine yourself putting down your load. For the time you have allotted to do relaxation, you do not have to worry about it. You are responsible for nothing. You don't have to do anything but relax.