



RICHLAND COMMUNITY COLLEGE

Teaching and Learning Support Services

Learning Accommodation Services

Relaxation Techniques

1. When you go to bed-Starting Tonight-you will get into your favorite position for sleep.

2. You will repeat 20 times the following suggestion:
 - a. Should be something positive and something they want to do
 - b. Something not too long and something they feel positive about

3. To keep count, you will use the fingers of both hands. You will press down slightly with the little finger on your right hand and say the suggestion once. Then you will press down with the ring finger, the forefinger and the thumb, repeating the suggestion with each finger. You will do the same with the left hand, making it ten times, again with the right, making it 15 and again with the left, completing 20 repetitions.