



# The Relaxation Response

Try setting aside 10 or 20 minutes today to practice the Relaxation Response, and notice how you feel.

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose.  
Become aware of your breathing.  
As you breathe out, say the word, "ONE", silently to yourself.  
For example, breathe IN ... OUT, "ONE",- IN .. OUT, "ONE", etc.  
Breathe easily and naturally.
5. Continue for 10 to 20 minutes.  
You may open your eyes to check the time, but do not use an alarm.  
When you finish, sit quietly for several minutes.
6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "ONE."  
With practice, the response should come with little effort.  
Practice the technique once or twice daily, but not within two hours after any meal (as it may make you sleepy!)

## About the Relaxation Response

*The Relaxation Response is a simple practice that takes 10 to 20 minutes a day, and can relieve stress and tension when practiced regularly.*

*The technique was developed by Herbert Benson, M.D., originally at Harvard Medical School, and now at the MGH Benson-Henry Institute for Mind Body Medicine. This technique has been tested extensively and written up in Dr. Benson's book, "The Relaxation Response".*