



Relaxation Techniques

- Sit or lie down comfortably with your eyes closed
- Begin to listen to sounds far away
- Now listen for sounds close to you
- Leave the sounds and bring your attention to your own body
 - You are comfortable
 - Released
 - Relaxed
- See the different parts of your body and relax them
 - Your feet
 - Your legs
 - Your stomach
 - Your chest
 - Your hands
 - Your arms
 - Your shoulders
 - Your neck
 - Your face
- Now focus on your breathing , don't control it just observe it
- Continue this for 5-20 minutes, and let all thoughts pass through you
- When you have finished, become aware of your body
- Open your eyes when you are ready and rest for a couple of minutes before moving around

Darwin
Shop 1 & 2 Tiwi Place,
Tiwi NT 0810
PO Box 40113,
Casuarina NT 0811
Phone: 08 8927 8488
Fax: 08 8927 8515
E: info@
healthylivingnt.org.au

Alice Springs
Jock Nelson Centre,
7/16 Hartley Street,
Alice Springs NT 0870
Phone: 08 8952 8000
Fax: 08 8952 7000
E: alicesprings@
healthylivingnt.org.au

www.healthylivingnt.org.au
ABN 11 374 693 055

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