# Quick Relaxation Techniques

# As of 09.12.22

## Anchoring Breath:

* Use the breath as an anchor by attending to three breaths. Focus on elongating the exhale.
* Use the STOP practice;
* Stop, (or pause),
* Take a deep breath,
* Observe the sensations in the body, and
* Proceed (with what you were doing).
* Bring attention to the sensations of movement such as walking or stretching.

## Hand-on-Heart Practice

* When you notice you’re under stress, take 2-3 deep, satisfying breaths.
* Gently place your hand over your heart, feeling the gentle pressure and warmth of your hand. If you wish, place *both*hands on your chest, noticing the difference between one and two hands.
* Feel the touch of your hand on your chest. If you wish, you could make small circles with your hand on your chest.
* Linger with the feeling for as long as you like.