

# NYC Quits!

## Relaxation Techniques Worksheet

Relaxation techniques can help you quit smoking! These techniques can be used when you are experiencing a craving or as part of your daily routine to help avoid cravings. Choose a technique to get started today:

### Deep breathing exercise

- Breathe in slowly, counting to five. Pause and hold your breath for a few seconds.
- Breathe out slowly, counting to five.
- Repeat until you feel relaxed.

### Meditation exercise

- Close your eyes and take slow, deep breaths.
- Imagine yourself in a calm, peaceful place.
- When you feel relaxed, open your eyes.
- More resources:
  - o Try a guided meditation exercise.
  - o Find free meditation classes in NYC.

### Muscle relaxation exercise

- Pick a peaceful, quiet location.
- Get comfortable and close your eyes.
- Imagine that the muscles in your scalp and forehead are becoming very comfortable & relaxed. Your eyebrows relax, the area all around your eyes relaxes...the tiny muscles of your eyelids relax, and the relaxation continues to flow...
- It spreads to the back of your throat, deep into your head and neck, deep into your shoulders...
- Now your arms relax...first the upper arms, then the lower. You feel the relaxation spreading across the top of your hands, sinking all the way through your palms, down your fingers...
- Return your attention to your relaxed neck and shoulders. Let the relaxation flow into your chest and lungs. Your breathing becomes easy and gentle. Feel yourself becoming more deeply relaxed with each gentle breath. All outside sounds are unimportant.
- Now let the relaxation spread deeply into your back. Feel it flow down to the small of your back, warming and loosening whatever it touches.
- The relaxation spreads into your sides, your stomach. Feel the muscles of your stomach and hips relax.
- And now your legs relax. The relaxation flows into your thighs and knees. Your calves relax, your ankles, your feet. And finally, your toes relax.
- Your entire body is at peace and you remain perfectly aware and focused.
- Open your eyes and try to hold onto this feeling as long as possible.



### Other ways to relax:

- Take a bath
- Go dancing
- Read a novel
- [Listen to music](#)
- Take a nap
- Talk to a friend
- Get a massage
- Spend some time outdoors
- Savor a warm beverage
- Light a candle or burn incense

How do you plan to relax? List your techniques:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_