The “One Minute” Relaxation

If you find it hard to find the time to give to relaxation, try this quick and easy portable relaxation exercise that takes very little time and can help to reduce the level of tension you are feeling. Use this every day, several times a day and do it as often as you like through the day!

Step one: Sit comfortably with your feet flat on the floor and preferably close your eyes.

Step two: Now concentrate on your breath. Take a deep breath and hold it for as long as you comfortably can. Then let it out fully. Repeat this deep breath in and out.

Step three: Focus on relaxing your fingers. Imagine the tension going out of your fingers, your palms, your wrists.

Step four: Focus on relaxing your shoulders. Lower them if you notice they are hunched. As you let your shoulders sink, notice a nice relaxed heavy feeling in the muscles.

Step five: Focus on relaxing your jaw. Unclench your teeth if you are clenching them and let your teeth fall slightly apart. Feel the tension leaving your jaw.

Step six: Take another two deep in and out.

Are you feeling a bit more relaxed?

You can do your One Minute Relaxation seated or standing: in a meeting, on the train, in the car while waiting at a red light, waiting in a queue at the supermarkets, bank etc, in the shower, just about anywhere and nobody need know you are doing it. Once you are good at it, you can even do a modified version of it with your eyes open, for as little as 10 seconds.

Just remember: Full breaths in and out and “fingers, shoulders, jaw”.

That is,:
1. Take a deep breath and hold. Then let it out fully and repeat.
2. Let your fingers loose
3. Shoulders droop or become heavy
4. Jaw become loose, teeth lightly apart

Assistance in this area and many others can be obtained from the RMIT Student Counselling Service. The RMIT Counselling Service offers free and confidential counselling to all RMIT students. Counsellors may help you to explore your concerns, both personal and academic.

The RMIT Counselling Service can be contacted at 9925-4365 between 9am and 5pm.