**“Mini” Relaxation Exercises**

Mini relaxation exercises are focused breathing techniques that help reduce stress and tension immediately. Your breath is with you at every moment in time. You do a mini with your eyes closed or open. You can do a mini at any place, at any time, and no one will know what you are doing.

**Mini # 1**: Count very slowly to yourself from 10 down to 0, one number on each out breath. Thus, breathe in, and on your first out breath, say “10 “to yourself. With the next out breath, say “9,“ working your way down to “0.“ When you get to “0,“ notice how you feel.

**Mini # 2**: As you breathe in, count slowly up to “4,” as you breathe out, count slowly back down to “1. “ Thus, as you breathe in, you say quietly to yourself, “1..2..3..4,” and as you breathe out, say quietly to yourself, “4..3..2..1.” Do this several times.

**Mini # 3**: This is counting the space between the in breath and out breath. Thus, after each in breath, pause and count, “1..2..3,” after each out breath pause again and count “”1..2..3.” Do this several times

**Mini # 4**: On the end breath, you think, “I am;” and on the out breath, you think, “at peace.“ Repeat this several times. This is also an excellent mini to use while walking.

**Mini # 5**: Square breathing. Visualize a square. On the end breath, visualize a vertical line and then a horizontal line. On the outbred visualize another vertical and horizontal, as you complete the square. (You can also do this as you visualize the lines of a star… Called the star breath!)

**Good times to do a mini:**

While stressed in class… while stuck in traffic… while waiting for a doctors appointment… When someone says something that bothers you… In the dentist’s chair… When you feel overwhelmed by all you need to do… While standing in line… When in pain… In the night when you can’t sleep… etc., etc.

**The only time minis do not work is when you don’t do them.**

Source: <https://mghcme.org/app/uploads/2020/10/Chudnofsky-Mini-intro.pdf>