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Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.

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Life. Be in it.



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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