**Experiential: Counting Down**

Controlled breathing through diaphragmatic (deep), rhythmic inhales and exhales initiates a relaxed state in the body and may assist in focusing the mind. The breath is the foundation of most relaxation techniques.

**Directions:**

Count down from 10 (or 20) to 1, repeating the number silently to yourself with each out­ breath. Allow all physical tension, feelings, and thoughts to be released with the out­ breath. Use images of being centered and calm to deepen the effect. Imagine the out­ breath dissolving all obstacles to deep relaxation.