

Autogenic Relaxation Exercise



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Autogenic (aw-tow-gen'-ick) means self-created. This handout should be used as a guide for a relaxation exercise. A member of your health care team will help design the exercise with you.

You may use this handout to record a relaxation exercise that is made just for you. An electronic device to record your voice will be needed. You may record it yourself or have someone else do it for you.

How do I record my relaxation exercise?

To begin the recording, read the following phrases slowly into an electronic device. Practice the exercise _____ times a day for 8 weeks then _____ times a day.

- Let your body be completely relaxed. Get into a comfortable position and close your eyes. Take a deep breath slowly in, slowly out and relax. Now repeat each of these phrases after me. In each phrase, there are pauses to help you learn to relax.
- Repeat each of these phrases 3 times, with a 15 second pause after each phrase:
 - My arms and legs are heavy and warm.
 - My heartbeat is calm and regular.
 - My body breathes freely and easily.
 - My abdomen is warm.
 - My forehead is cool.
 - My mind is quiet and still.
 - I am at peace.

- Repeat each of the following phrases 3 times, with a 15 second pause after each phrase:

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

- Repeat each phrase below slowly one time.
 - Each time I practice these exercises, I gain more of my desires.
 - Every day, in every way, I am becoming healthier.
 - Now as I prepare to return to my normal level of awareness, I see myself bringing with me the... health... happiness... comfort... and love that I feel and see. I take another deep relaxing breath, open my eyes, stretch comfortably and see myself filled with healthy energy.

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.