

## **Behavioral Relaxation Postures**

1. Back: spine and back well supported by the chair; shoulder blades and buttocks touching the back of the chair.
2. Head: upright and motionless, with your nose at the midline of your body.
3. Arms: bent at the elbow with wrists resting on your thighs, approximately halfway between your hip and knee.
4. Legs: bent about 90 degrees at your knees and ankles; feet flat on the floor.
5. Eyes: lightly closed with a smooth surface.
6. Mouth: teeth parted slightly and lips open slightly or together, whichever is more comfortable.
7. Throat: quiet with no movement - resist talking.
8. Hands: resting on the arms of your chair or in your lap; fingers slightly curled.
9. Quiet: not making any noise, such as talking, loud sighs or snoring.
10. Breathing: slow and regular.