

Cue-Controlled Relaxation

Cue-controlled relaxation is a very quick and easy relaxation technique. Here is how you do it:

1) Set up a cue to remind you to relax. There are two different types of cues:

a) **External Cue** (e.g., when your watch alarm sounds; when you see a note on your desk; at traffic lights, etc.)

b) **Internal Cue** (e.g., when your muscles reach a certain tension level, when you feel a headache coming on)

Note: It's very important that once you set up a cue, you actually do the relaxation exercise when the cue comes up. Eventually it will become a healthy habit!

2) Relax by doing the following:

a) Take a deep breath

b) Exhale s l o w l y....

c) Say a word to yourself as you exhale (e.g., "relax" or "calm")

d) As an option (if it's convenient) Close your eyes and allow your muscles to relax

REMEMBER YOUR CUE!!!

External Cue: _____

Internal Cue: _____