

Proper Rest and Relaxation

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The goal of this discussion is to provide you with an efficient method to rest and relax. A recent poll by the National Sleep Foundation states that over 47 million Americans are not getting the rest and relaxation that they need. Without proper rest we are prone to immune system problems, inflammatory problems, and even weight gain.

The Restorative Pose

The relaxation technique that follows works best if done twice per day, for 15 minutes each time. There should be complete quiet and privacy. No background music, no phones, no interruptions. Have a small electronic timer on hand. Set it for 15 minutes for each use of the Restorative Pose.

- Begin by lying on a carpeted floor, on your back.
- Once in position on the floor, do not move around. Be as still as a corpse!
- Place a small cushion under your head if you wish.
- Place a cover over your eyes.
- Elevate your legs, bent at the knees, on a chair, an ottoman, or large cushions
- Breathe easily and deeply through the nose, and into the lower abdomen.
- Let any thoughts come and go on their own. Just relax.
- With the legs elevated, blood flow will be directed to the chest and head.
- This will physiologically cause deep relaxation.
- The more frequent this is done, the more the nervous system "learns" to relax.
- Stay put until the timer goes off.
- **Do the Restorative Pose 2x daily or more for best effect.**

