

Relaxation Guide - ideal for people (adults and children) with learning disabilities, ADHD, autism and sensory processing disorders.

This is a guide to help you, your clients or family member to feel relaxed. This type of relaxation is called Autogenic relaxation.

From my practice I have noted this is the most successful for adults and children with learning disabilities, ADHD, autism and sensory processing disorders.

First, its important to be comfortable. This might be in a chair or on the floor with a yoga mat. There is no pressure to close your eyes, visualise or move body parts (isolating individual muscles can be difficult for some people).

Second, the person reading this script needs to be mindful of the speed and tone of their voice. You need to read slowly, allowing people to process what has been said and feel relaxed. The tone needs to be natural, calm and even.

Finally, when you get to 'take a moment to feel relax' – the reader can decide how long this should be. Pick up on non verbal behaviours. If people are fidgeting or moving around you can start the do deep breathing. Relaxation is a skill and you may note that people will improve in length of time able to relax the more often relaxation sessions are offered.

Read the following:

- Relax in your chair or on the floor. If you want close your eyes.
- Now take a deep breath in, count to two and breath out
- Take a deep breath in, count to two and breath out
- Take a deep breath in, count to two and breath out
- Now say to yourself:
- Now relax my face
- Now relax my shoulders
- Now relax my arms
- Now relax my hands
- Now relax my fingers
- Let them fall to a natural position
- Now relax my chest

- Now relax my bottom
- Let myself feel heavy in the chair or on the floor
- Now relax your legs
- Now relax your feet
- And finally your toes
- Take a moment to feel relax (can be as long as you like)
- Now take a deep breath in, count to two and breath out
- Take a deep breath in, count to two and breath out
- Take a deep breath in, count to two and breath out
- Slowly open your eyes, look around, smile and each others
- And say 'you are awesome, have a great day'

Other relaxation techniques may include:

- Deep breathing
- Massage
- Meditation
- Tai chi
- Yoga
- Music and art therapy
- Aromatherapy
- Hydrotherapy

Written by Hayley Goodwin, Occupational Therapist

www.hertsbedsot.co.uk

info@hertsbedsot.co.uk

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