

30-SECOND RELAXATION

Time Allotment: 30 Seconds

About This Meditation

This quick relaxation script is perfect for when time is short, stress is building, and relaxation is needed. After a short intro, the relaxation takes only 30 seconds.

Getting Started

Have participants stand up or otherwise change positions.

Script

Roll your shoulders forward... and now roll your shoulders back.

Clench your hands into fists... hold... and release.

Stretch your arms out and stretch your hands wide open, reaching up above your head. Spread your fingers wide. Reach your arms high.

Now relax your hands and lower your arms.

Lower your shoulders, away from your ears. Ease your shoulders back slightly. Let your shoulders relax.

Relax your jaw by dropping the lower jaw slightly. Make sure your teeth aren't touching.

Now count silently as you breathe:

Inhale... two, three, four...

pause...two, three....

exhale...two, three, four five....

[Repeat until 28 seconds have passed.]