

**Tom Lavin MFT, LADC, ACATA
Psychotherapist/Employee Assistance Counselor
540 West Plumb Lane, Suite 1A
Reno, NV 89509
775-323-3330
www.easeap.com**

**Letting go
Letting be
Accepting as is
Not reacting
Settling down
Taking it easy**

5-5-5 Relaxation***

This exercise can help you relax.

Start out practicing 1-2 times a day.

If you like the exercise, and it's working for you, move up 3-4 times a day, plus before going to bed.

Ready to begin?

This exercise will be most effective if you sit up straight, feet on the ground, and eyes closed or cast downward.

**-1. Slowly intake a deep breath and hold it for the count of 5.
Then, let it out slowly.**

**-2. Slowly intake a deep breath and hold it for the count of 5.
Then, let it out slowly.**

**-3. Slowly intake a deep breath and hold it for the count of 5.
Then, let it out slowly and say "rrreeellllaaaxxxxxx".**

---Repeat these 3 steps several more times.

*****When doing this exercise, if you feel you are having a negative physical, mental, or emotional reaction, stop the exercise and speak with your MD. Thanks to Dr. Ray Jones: this exercise has been adapted from his original relaxation exercise.**