



## **Relaxation & Visualization**

**By Chuck Martin & Mogul Logic**

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This relaxation technique takes time and practice to learn. Take the time to concentrate on one sensation at a time until you can put this whole list of sensations together in one brief moment of concentration. It can take months of daily training to master all of these sensations, but once you have mastered this technique, it can benefit you in three important ways. In all sports.

1. This relaxation technique puts you into an Alpha state of mind, a state in-between consciousness and sleep. While in the Alpha state of mind your visualizations are most effective.
2. Ten minutes of relaxation can energize you more than an hour and half of sleep.
3. You can learn to have control over your moods and sharpen your attention.

### **Relaxation Technique**

- Step 1** Find a quiet place where you will not be disturbed, Lie on your back with your arms at your sides, palms down.
- Step 2** Take at least three deep, diaphragmatic breaths, letting out all the tension in your body.
- Step 3** My relaxation mask is on – relax all the muscles in your face.
- Step 4** My face feels smooth and relaxed.
- Step 5** My arms and legs are limp, warm and heavy.
- Step 6** My chest feels warm and pleasant.
- Step 7** My heartbeat is calm and steady.
- Step 8** My stomach feels soft and warm.
- Step 9** My forehead feels cool.

**Now you are in the best state of mind to assimilate your visualization and positive self-talk. You are in control.**