

Autogenic Training

To Learn More

- Adolescent Medicine
206-987-2028
- Adolescent Medicine
Nursing Line
206-987-2028,
Option 4
- Ask your child's nurse
or doctor
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY).

What is autogenic training?

Autogenic training is a way to teach your body to relax. It can help you reduce tension and stress.

How does it work?

Do this exercise in a comfortable position, either sitting or lying down. Start by closing your eyes and taking a few deep breaths. Read each phrase to yourself. Pause between each one.

1. I feel very quiet.
2. I am beginning to feel quite relaxed.
3. My feet feel heavy and relaxed.
4. My ankles, my knees and hips feel heavy, relaxed and comfortable.
5. My stomach, and whole central part of my body, feels relaxed and quiet.
6. My hands, my arms and my shoulders, feel heavy, relaxed and comfortable.
7. My neck, my jaw and my forehead feel relaxed. They feel comfortable and smooth.
8. My whole body feels quiet, heavy, comfortable and relaxed.
9. I'm feeling more relaxed now.
10. My arms and hands are heavy and warm.
11. I'm feeling more quiet now.
12. My whole body is relaxed. My hands are warm, relaxed and warm.
13. My hands are warmer now.
14. Warmth is flowing into my hands; they are getting warmer and warmer.
15. I can feel the heat flowing down my arms into my fingertips.
16. My hands are relaxed and warm.
17. As my hands continue to get warmer, my heartbeat is calm and regular.
18. My mind is quiet and at ease. My hands are getting warmer and warmer.
19. I feel comfortable, peaceful, warm, and completely relaxed.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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