

## Autogenic Training

### 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?

This exercise should be done in comfortable position, either sitting or lying down. Start by closing your eyes and taking a few deep breaths. Repeat each phrase. Pause between each one.

1. I feel quite 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 jaws 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 warm, 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.

#### TO LEARN MORE

- Adolescent Medicine (206) 987-2028
- Adolescent Medicine Nursing Line (206) 987-3005
- Your Child's Health-Care Provider

*Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.*

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