

## RELAXATION EXERCISE ACCESS INSTRUCTIONS:

<https://soundcloud.com/user-630707400/sets/using-stress-to-your-advantage/s-jaExX>

## INSTRUCTIONS:

- Listen to *Remaining Calm and Rational under Pressure*.
- Follow the instructions indicated and practice 1 – 2 times per day at least 5 days per week.
- Continue to practice the first exercise, General Techniques, for 2-3 weeks.
- Then, try the second exercise, Progressive Muscle Relaxation, for the next 2 – 3 weeks.
- Next, try the third exercise, Bryan's Swiss Chalet Visual - Imagery, for an additional 2 – 3 weeks.
- Once you have sampled all three exercises, you may feel free to select any exercise you wish, but use *only* one exercise at a sitting.
- Enjoy the feeling of relaxed ENERGY!

## REMEMBER:

- Practice each exercise in a comfortable, quiet, dark and relaxed place.
- Allow enough time to complete the entire exercise uninterrupted.
- Listen to Dr. Gecht's initial instructions only your first time. Thereafter, cue up to the beginning of the exercise you wish to use. You will hear music leading into Dr. Kaplan's voice, preceding each exercise.
- Practice leads to success. Over time you will develop greater skill in "Remaining Calm and Rational under Pressure."