

# AUTOGENICS

## Technique:

Begin with taking a few deep breaths, and then gently repeating these phrases in the following way:

My \_\_\_\_\_ is/are \_\_\_\_\_.

Right Hand	Warm and Heavy
Left Hand	Warm and Heavy
Right Arm	Warm and Heavy
Left Arm	Warm and Heavy
Right Leg	Warm and Heavy
Left Leg	Warm and Heavy
Scalp	Smooth and Relaxed
Forehead	Smooth and Relaxed
Eyes	Soft and Relaxed
Jaw	Loose and Slack
Entire Face	Smooth and Relaxed
Neck	Loose and Relaxed
Shoulders	Heavy and Relaxed
Back	Heavy and Relaxed
Chest	Light and Relaxed
Breathing	Slow and Smooth
Heartbeat	Calm and Strong
Stomach	Calm and Relaxed
Mind	Calm and Clear
Whole Body	Warm and Relaxed

**Autogenics** involves passive concentration on parts of the body while mentally repeating phrases to yourself suggesting **warmth, heaviness, and relaxation** such as “my arms are heavy and warm” or “my jaw is loose and slack.” The idea of heaviness promotes muscle relaxation, and the idea of warmth promotes improved blood circulation in hands and feet. Over time, autogenics training can lead to an automatic response of relaxation by just thinking about heaviness or warmth and become an effective antidote to stress.

**Autogenics helps to reduce** fatigue, tension, high blood pressure, racing heart, irritability, and painful symptoms such as headaches. It can also ease the fight-flight or freeze state associated with panic attacks.

Find a comfortable position either sitting or lying down. Uncross your legs, and place your hands palm down and flat beside your body. It is easier to concentrate with your eyes closed.

Try to **imagine the sensation** suggested in the formula as fully as possible. It isn't important that you actually feel the sensations, just notice what sensations you do feel. For example your limbs may feel lighter and tingly as you relax rather than heavy and warm.

## More Information:

**Inner Health:** <http://www.innerhealthstudio.com/autogenics.html>

**Stress Relief Tools:** <http://www.stress-relief-tools.com/autogenic-relaxation.html>

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Counseling and Testing Service  
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