

Relaxation Drills to Relieve Stress

Deep Breathing Drill: 12 seconds

- Sit comfortably with your back straight, hands on a table or in lap in front of you.
- Breathe in through your nose inflating the “stomach”, making the stomach blow up like a balloon. ...Do not move shoulders. 4 seconds, keep trying to take in more air
- Hold for 4 seconds
- Exhale through your mouth, pushing out as much air as you can. Keep pushing, 4 seconds

Tactical Breathing: ½ second: For emergencies

- Breathe in thru mouth inflating stomach as in #2 above
- Push out thru mouth as soon as stomach is inflated.

This drill should be incorporated with other moves: moving to cover, drawing your weapon, etc.

Toe to Head Relaxation Drill: After completing Deep Breathing Drill, above; while seated in a chair, back straight: (Please note that any cramping during these drills indicate probable dehydration.)

- Squeeze toes inside shoes as tightly as possible as though you are picking a quarter off of the floor. Squeeze harder and harder: 10 seconds
- Lift toes up inside shoes in opposite direction from (1.) above: tightly: 10 seconds
- Lift both feet off of floor making your legs straight and push toes downward: 10 secs
- Keeping legs straight and feet off of floor, pull toes up toward body, stretching calves and hamstrings. Pull hard; 10 seconds
- With feet back on floor, push your knees together. Push hard: 10 seconds
- Place hands on outside of knees: Push hands toward knees and knees toward hands: Push hard, make it shake and hurt. Keep Pushing! 10 seconds
- Squeeze the secret sacred private place on your person (anus) tightly for 10 seconds.
- Tense every muscle in your stomach tightly. Tighter and tighter: 10 seconds
- While clinching fists, place hands together at chest level. Squeeze fists tightly while pushing merged fists together tightly. Make it tremble and shake. 10 seconds
- Interlock fingers at chest level so that you allow a “pulling” motion without separating the arms. Pull tightly for 10 seconds
- With right hand to right side of head, push your head towards your hand and your hand towards your head: 10 seconds.
- Repeat with left hand to left side of head: 10 seconds
- Lock fingers behind head as if you were doing a sit-up. Push hands toward your head and your head towards your hand: 10 seconds
- Repeat but with hands to front of face or forehead.
- Squeeze eyes tightly shut. Keep squeezing harder and harder. 10 seconds
- Repeat breathing drill: 4 seconds in thru nose, 4 seconds hold, 4 seconds out thru mouth
- Relax and breathe normally.

Visualization: (also known as “vacation”)

After completing the 12 second breathing drill and the relaxation drill:

- Close your eyes and imagine your favorite place on earth. Relax. 20 seconds
- Think about all the things you see: 20-30 seconds
- Think about all the things you hear: 20-30 seconds
- Think about all the things you feel: 20-30 seconds
- Think about all the things you smell: 20-30 seconds

Relax and come back to “reality” slowly