

# AUTOGENICS

Autogenics consists of repeating phrases that suggest a sense of warmth, heaviness, and relaxation. These phrases are directed to specific parts of the body such as arms and legs. Referring to a body part as feeling warm and heavy leads to increased blood circulation and promotes muscle relaxation. With practice, the body can develop an automatic relaxation response simply by thinking of the phrases “warm” and “heavy”. This can minimize the effects of stress, headaches, muscle tension, or high blood pressure.

## DIRECTIONS

Find a comfortable position. Uncross your legs and lay your hands on the arms of the chair or resting by your side with the palms up. If it feels comfortable, close your eyes. Try to imagine the sensations suggested in the phrases. Notice what sensations you feel as you become relaxed.

## AUTOGENIC PHRASES

- My arms are heavy and warm
- My jaw is loose and slack
- My eyes are soft and relaxed
- My shoulders are heavy and relaxed
- My forehead is smooth and relaxed
- My chest is light and relaxed
- My mind is calm and clear
- My face is smooth and relaxed

**For more information please contact a counselor or visit our website:**

(208) 282-2130

<http://www2.isu.edu/ctc/biofeedback.shtml>