



**McCormick
Dementia
Services**

Advancing community
outreach and support

Meditation and Relaxation

This simple guide to meditation will help revitalise and keep you feeling relaxed. The deep-breathing exercises help to oxygenate blood, while the simple focus on the breathing calms you and brings you into the present moment. Focusing on each body part will also help release body tension.

Relaxing YouTube Videos

The following links are videos we like to play to promote relaxation.

[Underwater](#)

[Flowers](#)

[Nature Scenery](#)

[Animals](#)

If you do not have an internet connection, you can sit in a quiet room or outside on a nice day (to hear the birds chirping), or play any CDs or DVDs you might have in your home.

Meditation Script

Click on one of the attached YouTube clips. Play the music softly in the background.

Start by sitting comfortably in a chair or the couch, and position yourself by placing your feet flat on the floor. You should be able to FEEL your feet in contact with the ground underneath you.

Begin by taking very deep breaths in through your nose and out through your mouth. **Do this five times!** Let your body relax, let your arms hang, and be aware of your breathing. Focus all of your attention on those five deep breaths.

Now place your hands on your stomach and take three deep breaths. Notice your stomach rising and falling with each in and out breath. Focus all of your attention on your hand moving with each breath.

Now, when you feel comfortable, close your eyes.

Now, breathe in for a count of five. Breathe in 1, 2, 3, 4, 5.... And out 1, 2, 3, 4, 5...**Repeat this five times.** Focus all of your attention on slowing your breath in the five-second counts.

Now, we are going to focus on all of our body parts as singular parts. Each body part listed we will scrunch them up, and then release. **Repeat this three times.** Take your time with each body part and focus all of your attention on it, while maintaining your attention to your even breath work. Remember, let any thoughts you have float up and away from you in an air bubble.

Starting with our toes. Take a moment to focus on your toes and releasing that tension.

Now, relax your ankles. Take a moment to focus on your ankles and releasing that tension.

Relax your calf muscles.

Knees.

Thigh muscles.

Buttocks.

Pelvic area.

Your back. Notice and release the tension from your back.

Move to the shoulders. Lift them up and then release completely.

Relax your jaw, your neck and your jaw muscles.

Finally, relax the top of your head.

Hunch up your shoulders one last time and as you release your shoulders, let any remaining tension sink down and flow out of you.

Stay in this relaxation, take a few more deep breaths and enjoy this feeling of relaxation and calmness. **Stay here for a minute or two.**

Now, slowly bring your attention back to the room. Start to notice the sounds around you. When you are ready, begin to open your eyes. Reflect on how you are feeling.