



## RELAXATION EXERCISES

If you need to calm yourself before a mammogram, you could do this relaxation while waiting in the waiting room or in the exam room.

There are 6 relaxed postures: body, head, quiet, breathing, feet, and hands.



### A. BODY

The first relaxed posture is called “body.”

Your body is relaxed when your chest and hips are straight in the chair with no movement.

Your body is not relaxed if it is crooked in the chair, if your back or hips are lifted from chair, or if you move your body a lot. Do the best you can.



### B. HEAD

The next relaxed posture is called “head.”

Your head is relaxed when it is resting on the wall or facing straight.

Your head is not relaxed if it is tilted or turned to either side or tilted up or down. Do the best you can.



### C. QUIET

The next posture is “quiet.”

You are quiet when you are not making any noise such as talking, loud sighs, or snores. Do the best you can.



### D. BREATHING

The next relaxed posture is called “breathing.”

Your breathing is relaxed when it is slow and regular. It is not relaxed if it is rapid or if there are interruptions such as coughing, yawning, sneezing, sniffing, or talking. Do the best you can.



### E. FEET

The next relaxed posture is called “feet.”

Your feet are relaxed when both heels are resting on the floor with the toes pointed away from each other. They should make a “V.” Do the best you can. Your feet are not relaxed if your toes are pointing straight up or turned outward too much or if your ankles are crossed.



### F. HANDS

The next relaxed posture is called “hands.”

Your hands are relaxed when you rest them on the arms of the chair, or in your lap, with your fingers slightly curled in a claw like position. Your hands are not relaxed if the fingers are flat or curled into a ball. Do the best you can.