

CRE 88 - A NON-PHARMACOLOGICAL APPROACH FOR HAY FEVER IRT- INSTANT RELAXATION TECHNIQUE

1. This a useful relaxation technique to give you confidence to learn well and to control your emotional reactions naturally. If you don't believe you can learn ... you won't learn! ... If you are tense, anxious and stressed ... you won't learn! If you have no confidence ... you won't learn. But with instant relaxation, your mind and body become clear, confident, ready and able to learn.

So do the exercise now ... and FIVE TIMES daily for one week and then as needed for reinforcement. It takes only three minutes, and with practice, it becomes a powerful tool for you to take better control of your emotions. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand and the code words "NOSE FREEZE- EYES FREEZE".

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that the marble gets warm as it absorbs heat from contact with your right hand. Open you hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and calm.

3. Now, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... four times, feeling free to change the wording a little ... to fit your style ... four times ... aloud ... in all:

"I AM, I CAN, I WILL, I BELIEVE ... AND AS I SAY THE ANCHOR WORD "FREEZE" ... WHILE GENTLY HOLDING THE NOSE ... IT WILL BECOME COLD AND NUMB ... AND NOSE, EYES AND THROAT WILL FEEL COMPLETELY CALM ... NATURALLY ... RAPIDLY ... AND EASILY ... WITHOUT EFFORT ... WITH THE CODE WORDS - NOSE FREEZE ... EYES FREEZE ... GRIPPING BOTH FISTS VERY TIGHTLY "

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as evaporating all the anxiety and stress from your mind and body ... through to the marble in your hand.

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important... as you count down very slowly with each breathing and counting very slowly 20 to 1.

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident, and ready to learn. The marble is now your very personal symbol ... of your confidence to learn to control your emotions

7. During the hay fever season do the exercise twice a day ...morning and night.
8. At the first sign of ANY hay fever reaction at ANY time, gently stroke nose and eyes, as you:
 - a. Relax and do the IRT ... with the code words - NOSE FREEZE - EYES FREEZE ... GRIPPING BOTH FISTS VERY TIGHTLY ...!! .
 - b. Drink TWO large glasses of cold water... now
 - c. Breath very deeply ... and slowly TEN times...

and relief will come within a minute or so. YES... you did it!! So keep that marble (or other small object) with you ... at all times ... of the hay fever season!!

Note: This simple IRT can be used, with practice, anywhere (eyes open or closed) to achieve a calm the mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with to deal calmly with any new problem ... that you may have to face at home or work.

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