

## Speakers Relaxation Exercise

I have been a professional speaker for over 25 years and have delivered over 2,500 presentations. Even with all those presentations behind me, I still get a little nervous now and then. One of the best ways that I have found to relax before a presentation is to mediate by doing the following:

- Close your eyes
- Tune in to yourself
- Become aware of your body
- Become aware of your breathing
- Feel the air come into your lungs---trace the oxygen through your body until you exhale it
- Take three deep slow breaths and feel your body relax more with each breath
- Feel your hair---try to sense the actual spot where the hair enters your scalp
- Become aware of your hands---are they dry, cold, tense?
- Tense up your hands--relax them
- Three more deep slow breaths and feel your body relax with each breath
- Become aware of your little toe. What is it feeling right now? Tighten your toe---relax it.
- Become aware of your entire body ---feel the clothes draped around your body---feel the air around you.
- Tense up your entire body---hold it---make it tighter---hold it --- relax ---feel the air around you
- Tense up your entire body again---hold it---tighter---hold it---tighter---hold it---relax---take three deep breaths.
- Tense up your entire body again---hold it---tighter---hold it---tighter---hold it---your tightest--relax and take three deep breaths---relaxing more with each breath.

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