

# Introduction

Welcome to this collection of relaxation exercises. You will find five shorter and three longer exercises followed by a piece of instrumental music. This is an invitation for you to take quiet time to rest and relax. You might want to start with a shorter relaxation exercise choosing the theme that feels right for you in this moment.

With practice, you can become more familiar with the different themes and longer exercises. Find a comfortable place to sit or lie down; making sure that you won't be disturbed. This might mean turning off your phone and finding a quiet room away from other people. Make sure you can stay warm with extra cushions or blankets nearby.

When you're ready, start listening to the instructions. If you start to experience any physical or emotional discomfort, stop following the exercise and do what you need to do to look after yourself. Seek support from your healthcare provider if you have any concerns.

This is your time to nurture yourself with rest and relaxation.

For more information please visit our website: [dorothyhouse.org.uk](https://dorothyhouse.org.uk)

To speak to us about a referral, or for 24hr advice about palliative or end of life care,  
please call: 0345 0130 555