

Chill Out Relaxation Session Information Sheet

What are Chill Out Relaxation Sessions?

The Chill Out Relaxation sessions are guided relaxation sessions provided free of charge - they are therapeutic, but not therapy per se.

Who can join in?

To join a Chill Out session, you must complete and sign a registration form and confirm that you are not experiencing (or have a history of experiencing) any conditions which may be contra-indicated – examples of these conditions are listed on the registration form.

Groups are kept small (maximum of 8 people per session) so you need to register prior to attending.

What happens at a chill out session?

One of our qualified therapists will lead you through a relaxation technique which might include guided imagery, self protection and calming techniques.

The techniques are similar to those used to induce hypnosis which is a natural state entered by everyone when they, day dream, are in the process of waking up or falling asleep, are “in the zone” whilst reading a good book, listening to music or watching tv.

What will it feel like?

The aim is to induce a pleasant relaxing experience, which allows the conscious critical mind to take some time out, allowing the unconscious, creative processes to take the lead for a short period.

This can have an effect which some liken to rebooting a computer which may have had too many programmes running – switch it off and then on again, and it seems to work better.

Remember during the session:

- You can stop at any time, however if you choose to end your session early, please count upwards (in your mind , not out loud) from one to five, and remain in your seat so as not to disturb other participants.
- The level of relaxation you will experience will be individual to you – and the more you practice, the easier and deeper it will become.
- During the session you can move around in your seat to get comfortable if you need to.
- You will be able to hear everything going on around you as normal.
- You can think about other things too – you are as likely to think “what shall I have for dinner” as “yes, this is very relaxing”
- You remain in complete control, no one can make you do, think, feel or say anything that you would not normally do.
- You cannot “get stuck” – some people become so relaxed that they feel they have fallen asleep, although this is rarely the case – regardless of how deep your relaxation level, you will always return to full awareness at the end of the session.