

# Relaxation Exercises to Practice Before and During Your MRI

This video will show you how to perform relaxation exercises to practice before and during your MRI.

▶ Please visit [www.mskcc.org/pe/relaxation\\_mri](http://www.mskcc.org/pe/relaxation_mri) to watch this video.

## Tell us what you think

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Your feedback will help us improve the information we provide to patients and caregivers. We read every comment, but we're not able to respond. If you have questions about your care, contact your healthcare provider.

### Survey Questions

Questions	Yes	Somewhat	No
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Was this information easy to understand?  Yes  Somewhat  No

What could we have explained better?

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## Last Updated

Tuesday, September 1, 2020

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 pm, during the weekend, or on a holiday, call 212-639-2000.

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For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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