

Body Relaxation

Find a quiet and comfy space, close your eyes and:

- Scrunch eyebrows together and frown. Tense & hold for the count of 10, then relax for 20
- Move head forward putting chin to chest, tense for 10, then relax for 20
- Raise shoulders to ears, tense for 10, then relax for 20
- Breathe in deeply through nose, expand chest, hold for 10, relax for 20
- Stretch out fingers, tense for 10, relax for 20
- Bend elbows raising fists to shoulders, tense for 10, relax for 20
- Tense stomach for 10, relax for 20
- Squeeze buttocks, tense for 10, relax for 20
- Flex feet & extend straight legs, tense for 10, relax for 20