Body Relaxation

Find a quiet and comfy space, close your eyes and follow the steps below:

• 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

• 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 stomache for 10, relax for 20

• Squeeze buttocks, tense for 10, relax for 20

• Flex feet & extend straight legs, tense for 10, relax for 20