

# MUSCLE RELAXATION

1. Lie on your back comfortably

2. Focus on one body part at a time starting with your feet

3. Tense each body part for 5 seconds, then relax for 5 seconds

4. Focus on how it feels in your body when you tense/relax each muscle

## 11. FOREHEAD

Raise your eyebrows as far as you can

## 9. MOUTH

Open your mouth as wide as you can to stretch your jaw

## 10. EYES

Squeeze your eyes tightly closed

## 8. NECK AND SHOULDERS

Raise your shoulders to your ears

## 7. CHEST

Take a deep breath in to tense your chest

## 6. STOMACH

Suck in your stomach and tense.

## 5. ARM

Clench your fist and tense your bicep (one arm at a time)

## 3. UPPER LEG

Squeeze your thigh muscles (one leg at a time)

## 4. HAND

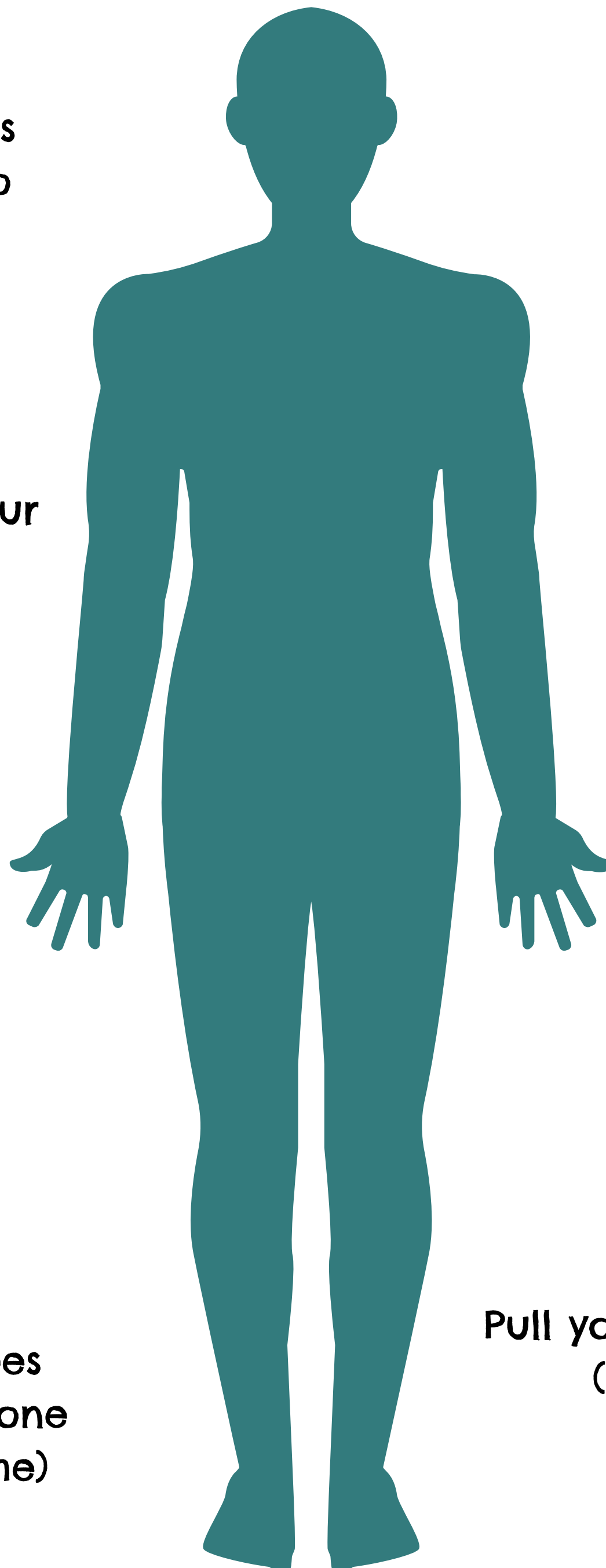
Clench your fist one at a time.

## 1. FEET

Curl your toes downwards (one foot at a time)

## 2. LOWER LEGS

Pull your toes up towards you (one leg at a time)



**DO THIS TO:** Reduce stress and anxiety and get out of your head