



MUSCLE RELAXATION

Getting started: Make sure you are sitting in a chair or lying down in a position that is comfortable for you. A quiet environment is likely help with this exercise so that you can focus fully on yourself.

Exercise: Bring your attention to different parts of your body, one after the other. Go through the sequence at least twice for each body part.

1. **Tense:** As you breathe in, tense that body part
2. **Hold:** Hold your breath and the tension for a few moments
3. **Relax:** Slowly let the tension go as you breathe out

Recommended Sequence

1. Toes and feet – curl your toes down
2. Calves – turn your toes upwards towards your knees
3. Thighs – stretch your legs out fully
4. Buttocks – clench your buttocks
5. Stomach – try to pull your belly button to your spine
6. Back – arch your body forward
7. Shoulders & neck – lift shoulders up together
8. Face – scrunch your face together

