

Progressive Muscle Relaxation

This takes about 3-5 minutes.

Start by taking one slow breath.
In through your nose, hold for a moment, out through your mouth.

Bring your attention to your hands.
Clench your fists tightly for 5 seconds...

Hold... 2... 3... 4... 5...

Now release.

Notice the difference between tension and relaxation.

Move to your shoulders.
Lift them up toward your ears...

Hold... 2... 3... 4... 5...

Release and let them drop.

Your jaw.
Clench gently...
Hold... 2... 3... 4... 5...
Release, let your jaw soften.

Your chest and stomach.
Hold... 2... 3... 4... 5...
Release.

Let your breath slow.
Your legs.
Press your feet into the ground...
Hold... 2... 3... 4... 5...
Release.

Now take one more slow, deep breath.