DURING YOUR RELAXATION REMEMBER TO

HOLD each muscle tension for
5 SECONDS

PAUSE for 10 SECONDS and breathe deeply in between each muscle tension.

1. FOREHEAD
   Raise your eyebrows as far as you can

2. EYES
   Clench your eyelids tightly shut

3. MOUTH
   Open your mouth wide enough to stretch the hinges of your jaw

4. NECK + SHOULDERS
   Raise your shoulders up to touch your ears

5. CHEST
   Tighten by taking a deep breath

6. STOMACH
   Suck your stomach in

7. ENTIRE RIGHT ARM + HAND
   Tighten your biceps by drawing your forearm up towards your shoulder and "make a muscle", while clenching fist. Repeat with left arm and hand

8. BUTTOCKS
   Tighten by pulling your buttocks together

9. ENTIRE RIGHT LEG
   Squeeze thigh muscles while pulling toes upwards towards you. Repeat with left leg

10. FEET
    Curl your toes downwards