

Relaxation Exercise

- **Make sure you are sitting comfortably on your chair, in a warm room.**
- Close your eyes.
- **Curl your toes and squeeze them as tight as you can.**
- Slowly move the squeeze up to your calves, knees, thighs, buttocks, stomach and chest.
- **Hold.**
- Clench your fists, arms, shoulders, neck and face.
- **Hold for 5 seconds.**
- **SLOWLY** – relax your facial muscles, then slowly move down and relax your neck, shoulders, arms and hands.
- **Relax your chest, stomach, buttocks, thighs, knees, calves, feet and toes.**
- Breathe.

You may repeat this process until your body feels relaxed and loose.