



TENSION RELEASE EXERCISE

This technique is a very good way to calm down when you're overcome with anxiety. Try it at home or someplace quiet. Once you get better at it, you'll find that you can do it almost anywhere, anytime.

1

HANDS



Make a fist

Squeeze

Let it go

2

ARMS



Stretch your arms

Bring them over your head

Drop your arms.

Feel the tension build in your shoulders. Repeat.

3

JAW



Clench your teeth

Let it go

Repeat

Repeat a couple of times until you feel relaxed and loose.

4

FACE



Wrinkle your nose

Scrunch up your face

Relax

4

FACE



Lift your eyebrows

Make creases in your forehead

Relax

5

STOMACH



Tighten up your stomach

Take a deep breath

Relax your stomach. Breathe out

It might help to place a hand on your belly so you can feel it tighten.

6

LEGS



Push your heel and legs down on the floor

Push hard. Spread toes if you can

Relax

Try this again, this time letting all of the tension out of your lower body as you relax.

This exercise should help you relax your body from head to toe. If you're still feeling tense, try repeating the exercise again.