

Here is a quick muscle relaxation exercise:

- Get into a relaxed, supported position. Make sure that your head and arms are supported if you choose to do this while lying down.
- You may choose to close your eyes during relaxation exercises. Start your relaxation session by taking a deep breath in through your nose. Try holding that breath in for 5 seconds, and then slowly let it out through your mouth.
- Now, make fists with your hands. Try to clench them and hold them for 5 seconds. Then, let your hands relax.
- Stretch your arms out in front of you as far as you can. Hold your arms there for 5 seconds and then let your arms fall back to your sides.
- Now, stretch your arms up over your head as far as you can. Count for 5 seconds and let your arms fall back down.
- Pull your shoulders to your ears, hold them there for 5 seconds, then relax.
- Wrinkle up your face as much as you can. Try to make as many wrinkles as you can on your nose, cheeks, mouth, forehead and chin and hold this funny face for 5 seconds. Now, relax your face. Can you feel the difference?
- Tighten up your stomach muscles. Try to suck in you tummy and hold it for 5 seconds. Then, let your belly go out and notice the feeling of relaxation in your stomach.
- Push your feet down on the floor with your legs for 5 seconds. Then, relax your feet and legs and let your toes go loose.
- Now let your whole body go limp and you will notice that your muscles are more relaxed!
- Open your eyes and slowly shake your arms and legs. Slowly stand up and take a deep breath.
- **Enjoy this feeling!**

