

Head-to-Toe Relaxation

After you tense and release every part of your body, you'll feel lighter and less stressed.

1. Get into a comfortable position. You can sit or lie down.
2. Close your eyes, if you feel comfortable doing so.
3. Settle into the space you are in. Take a few deep breathes. Feel the weight of your body being supported by a chair or the ground. Notice any sounds, sensations or smells and just let them be.
4. Starting at the top of your head, gently scan down your body and focus on relaxing your body.
5. Once you reach your toes, pause for a moment.
6. Then, start the relaxation by tensing your toes - curl them up into your feet and hold them tight for 3- 5 seconds. Release them. Take a deep breath and repeat for another 3-5 seconds.
7. Next, tighten all your muscles from your feet up to your waist. Tense your calves, the area around your knees, your thighs and your seat. Hold your muscles tense for 3-5 seconds, release, breath and repeat.
8. Now do the same thing with your stomach. Tighten your belly as much as you can and hold it for 3-5 seconds. Then release, breath and repeat.
9. Shift your attention to your chest and back area. Tighten and tense your muscles, hold for 3-5 seconds and release with a deep breath. Repeat this sequence.
10. Raise your shoulders, hold for 3-5 seconds, then release and take a breath. Repeat.
11. Shift your attention to your arms. Tense your biceps and forearms and hold for 3-5 seconds. Then release and take a deep breath and repeat.
12. Now move to your hands. Tighten them into fists, hold for 3-5 seconds and release and breathe. Repeat this again.
13. Now, tighten your neck by turning your head as far to the right as you can without feeling any discomfort and holding it for 3-5 seconds, then release and breath. Repeat this one more time on each side.
14. Finally, scrunch and tighten your whole face. As you release, let your jaw relax, the area around your eyes soften and your eyebrows release.
15. Gently shift your attention back to your breath. Feel the weight of your body in your space. When you feel ready, slowly blink your eyes open.

Now that you've tensed and released every part of your body, do a quick scan. How do you feel? Are there places you'd like to tense and release again for a little more relaxation? Go ahead and do that.

When you are ready, open your eyes and begin to slowly move around. Enjoy the calm feeling this activity is sure to bring!