



## Body Relaxation

**Find a quiet and comfy space, close your eyes and follow the steps below:**

Scrunch eyebrows together and frown. Tense & hold for the count of 10, then relax for 20

Move head forward putting chin to chest, tense for 10, then relax for 20

Breathe in deeply through nose, expand chest, hold for 10, relax for 20

Stretch out fingers, tense for 10, relax for 20

Bend elbows raising fists to shoulders, tense for 10, relax for 20

Tense stomach for 10, relax for 20

Squeeze buttocks, tense for 10, relax for 20

Flex feet & extend straight legs, tense for 10, relax for 20