

Tense & Release



1

Close your eyes. Breathe in. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then breathe out, and rapidly relax the muscle group.

2

Next, squeeze the large muscles in the calves for 5 seconds, then quickly release. Working your way up the body, squeeze the thigh muscles for 5 seconds and release.

3

Continue moving up the body. When you are finished with all of the muscle groups, count backward from 5 to 1 to bring your focus back to the present.

