



Release THE TENSION

SIMPLE YOGA STRETCH

The following physical activity can be used for releasing muscle tension triggered as a response to stress.

1. Stand relaxed, arms hanging at sides and feet about one foot apart.
2. Tilt head back and hold for five seconds
3. Roll head forward and hold for five seconds.
4. Curl chest and stomach forward as you bend at the waist; arms dangling for five seconds.
5. Inhale slowly through mouth as you straighten up. Raise arms overhead; drop arms slowly to sides as you exhale slowly through your mouth.

CONTROLLED BREATHING

The following activity can be used for releasing muscle tension triggered as a response to stress.

1. Lie down with your back flat on the floor; place a book or large magazine on your stomach.
2. Bend your knees and close your eyes.
3. Push your stomach up 2–3 inches and hold for five seconds, then exhale. Repeat several times. Each time you exhale, say “I am relaxed.” Avoid lifting your chest.

