



Sit or lie down comfortably

Isolate and squeeze each of these muscle groups while counting “one and two and three and four and five”

then relax each muscle group for the same amount of time (5 seconds)

Start with your face and end with your toes

- 1) bunch the muscles of your face (...relax them)
- 2) hunch up your shoulders (...relax them)
- 3) squeeze your upper and lower arms (...relax them)
- 4) make tight fists (...relax them)
- 5) arch your back (...relax)
- 6) tighten your abdomen (...relax)
- 7) squeeze your buttocks (...relax them)
- 8) squeeze your upper and lower legs (...relax them)
- 9) lift your toes