

## Relaxation Exercises

Use a relaxation exercise daily. Practicing can help you gain more control over your tension which allows you to better manage stressful situations.

### *Stretching to Relax*

1. Stand or sit, whichever is most comfortable for you.
2. Rate your current level of tension.
3. Take a deep breath, down to the bottom of your stomach.
4. Let it out slowly, feeling the tension drain away.
5. Take one more breath.
6. Let it out slowly.
7. Gently reach your arms out to the side.
8. Relax your shoulders down and stretch yourself a little.
9. Gently reach your arms out in front of you.
10. Feel the muscles in your back and shoulders loosen up.
11. Stretch out in front a little farther.
12. Now reach up as high as you can.
13. Push your arms up higher.
14. Bring them down to your sides.
15. Repeat (Steps 7-14).
16. Roll your shoulders back slowly three times.
17. Roll your shoulders forward slowly three times.
18. Shrug your shoulders, lifting them up and pressing them down slowly three times.
19. Take another breath.
20. Take a final breath.
21. After the stretching session, rate your current level of tension.

## Relaxation Exercises

Use a relaxation exercise daily. Practicing can help you gain more control over your tension which allows you to better manage stressful situations.

### *Power of Music*

1. Find the type of music that you find relaxing.
2. Sit down in your favorite chair.
3. Rate your level of tension.
4. Find a comfortable position in your chair and close your eyes.
5. Listen to the music that you find relaxing.
6. Let your mind and body relax with the sound of the music.
7. After the music session, rate your current level of tension.