



PROJECT: GET IT DONE **TOGETHER**

Tense & Release: Muscle Relaxation

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves by tightening them for 5 seconds. Gently release.
3. Working your way up the body, squeeze your thigh muscles by tightening them for 5 seconds then gently release.
4. Continue moving up the muscles in your body, tightening them (on their own, don't squeeze with your hands!) and see how it can help you relax.