

# TENSE AND 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 for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- 3.** Continue moving up the body for more relaxation.

