

## How to Feel Relaxed

With this exercise, you will be able to release some energy and stress by slowly tensing and then relaxing all of your muscles. It can give you an immediate feeling of being relaxed, but it would be best to practice. This way, you will be very good at recognising your tension and will have learnt how to relax. In the following exercise, each muscle should be tensed, but not to a point where they hurt. Try to focus on the moment when you release your muscles and the feeling of relaxation.

- Sit or lie down in the position you are comfortable the most. You can also close your eyes if you'd like.

- Pause -

- Breathe out slowly and release the tension from your body. Now take a deep breath and hold it.

- Hold -

- Breathe out slowly. Now repeat again, and try to take deeper breaths. Breathe in, and hold.

- Hold -

- And breathe out. Now, focus on your feet. Start to tense your feet. You can curl your toes or arch your foot. Keep the tension and focus on how that feels like.

- Hold for 5 seconds -

- Now release your foot. Focus on that feeling of relaxation. Next, move your focus on your lower leg. Tense your muscles in your lower legs and hold them tight.

- Hold for 5 seconds -

- And release your muscles from your lower legs. Focus on how that feels like and remember to take deep breaths.

- Hold for 5 seconds -

- Now, move your focus on your upper legs. You could squeeze your tights together.

- Hold for 5 seconds -

- And release. Focus on the feeling of relaxation. Now start tensing your stomach and chest. You could suck your tummy in as much as you can, without feeling in pain.

- Hold for 5 seconds -

- And release. Notice the feeling of your muscles relaxing, and keep taking deep breaths. Next, tense the muscles in your back. You can do that bringing your shoulders together behind you.

- Hold for 5 seconds -

- And release. Focus on that relaxed sensation. Next, tense your arms. You can do this by making a fist, and squeezing your arms all the way up from your hands to your shoulder.

- Hold for 5 seconds -

- And release. Notice how your fingers, hands, and shoulders feel relaxed. Next, move up and tense your neck and your head. You can do that by moving the muscles around your eyes and mouth.

- Hold for 5 seconds -

- And release. Finally, tense your whole body. Tense your feet, legs, tummy, arms, head and neck and hold.

- Hold for 5 seconds -

- And release. Focus on the feeling of relaxation in your body and how different it is from feeling tense.

**Well done!**