



Let Go of THE STRESS

RELAXATION RESPONSE

The following is a simple, brief activity that can be used to allow the physical changes of a stress reaction to subside and return to a non-stress state.

1. Sit (or lie) in a comfortable position in a quiet environment with eyes closed.
2. Begin with your feet and relax each muscle group moving up to the head – calf, thigh, waist, stomach, arms, chest, neck, face, and forehead.
3. Breathe in through your nose gently pushing your stomach out.
4. Breathe out through your mouth and let your stomach relax.
5. Continue for 10-20 minutes. Open your eyes as need to check time, but to not set a time.
6. When finished, open your eyes but remain seated for a couple of minutes.

PROGRESSIVE RELAXATION

The following is a physical activity that can be used for releasing muscle tension triggered as a response to stress.

1. Lie flat on a soft surface or floor with your eyes closed and knees bent.
2. Beginning with your right foot, press foot firmly to the floor for five seconds, relax for five seconds; repeat with the left foot.
3. Straighten legs out and press back of lower right leg firmly to the floor for five seconds, relax for five seconds; repeat with left leg.
4. Press each of the following areas firmly to the floor for 5 seconds, relax for five seconds (one at a time):
 - Back of thighs and buttocks
 - Lower back and shoulder blades
 - Arms
 - Back of head
5. Breathe normally as you press and relax.