

Feeling stressed? Try this...

Tense and Let Go

Reconnect with our bodies' resilience



First →

Sit tall, close your eyes, and check in with your breath.

Is it fast? Slow?



Next →

Focus on your legs and feet. Inhale. Tighten your leg muscles. Curl your toes. **Pause.**

Relax your legs, feet, and toes. Breathe slowly. **Notice** how your muscles feel.

Then

Focus on your arms and hands. Inhale. Flex your arm muscles. Make fists. **Pause.**

Exhale. Let all your muscles relax. Breathe normally.

How do your muscles feel now compared to when you started?

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