

Muscle Relaxing

Learn to relax by muscle relaxing. People can't be angry and relaxed at the same time; your body doesn't work that way. Follow these steps when you feel yourself getting angry or upset.

Gently close your eyelids . . . Ball your hands into fists . . . Relax hands



Imagine a heavy bag you've been carrying is released. See it float away . . . Tightness in your arms runs down your arms and out of your fingers . . . Tightness in your legs runs down your legs and out of your toes . . . Your arm weightless . . . You feel like you are floating on air . . .

Tense your shoulders by pulling them forward as tight as you can . . . Relax shoulders . . . Tense your shoulders again but pull them back instead of forward . . . Relax shoulders . . .

Tense/wrinkle your forehead as tight as you can . . . Relax forehead . . . Tense/clench your jaws . . . Relax jaws . . . Open mouth as wide as you can and tense facial muscles . . . Relax jaw and facial muscles . . . Tense stomach . . . Relax . . . Tense back . . . Relax . . . Tense right leg . . . Relax . . . Tense left leg . . . Relax . . .

