

## WORKSHEET - TENSE AND RELAX EXERCISE

### Basic instructions:

Get in a comfortable position and settle in, take a deep slow abdominal breath

Clench your right fist tighter and tighter, study the tension. Now relax.  
Feel the looseness in your right hand, and notice the contrast with the tension  
Repeat with your left fist clench then relax and feel the difference  
Then tense both fists at once

Bend elbows and tense biceps. Clench them as hard as you can and observe the feeling of tautness. Relax, straighten out your arms. Let the relaxation develop and feel that difference.

Head – wrinkle your forehead as tight as you can. Now relax and smooth it out. Now frown and notice the strain, let go. Close your eyes then squint them tighter. Notice the tension. Relax your eyes. Let them remain closed gently and comfortably.

Clench your jaw, bite hard. Notice the tension throughout your jaw. Relax your jaw. Let yourself really notice the contrast. When jaw is relaxed lips will be slightly parted.

### Repeat with each body part in the order below:

1. Hands
2. Forearms
3. Biceps
4. Head
5. Face
6. Throat
7. Shoulders
8. Forehead
9. Cheeks
10. Nose
11. Eyes
12. Jaws
13. Lips
14. Tongue
15. Neck
16. Chest
17. Stomach
18. Lower back
19. Thighs
20. Buttocks
21. Calves
22. Feet

