

EXERCISE 6: TIGHT AND LOOSE



PAUSE AFTER READING EACH PHRASE ALOUD

- * Sit up tall in your chair with your feet flat on the floor. If you feel comfortable, close your eyes to tune out distractions...

Take a deep breath in, letting go of any tension as you breathe out...

Slowly relax your neck...and your shoulders...

Now relax your arms...and your hands...

Let go of any tension you may be feeling in any part of your body.

- * Now start to notice the feeling of your body pushing against the chair and the chair pushing back on you...

Allow your body to feel heavy on the chair.

- * Notice the feeling of your lungs expanding and contracting with each breath...

Notice your diaphragm expanding and contracting with each inhale and each exhale...

Slowly move your attention down your legs...to your ankles...and your feet...

Relax every part of your body and just rest in your chair.

- * Now, as you take a deep breath in, clench your hands tightly into fists...

Draw in a little more air and squeeze your hands even tighter. Hold it for 1...2...3...

Now exhale all of your air and let your hands relax completely...

Let's do this (5-10) more times. Take a deep breath in as you clench your hands...

Draw in some more air and squeeze them tighter. Hold it...then exhale, letting the breath go and allowing your hands to relax.

- * Continue to sit quietly and calmly for a few moments...

Allow your body to relax...

Slowly, open your eyes.



END