

# Tension



- Find a quiet place where you can sit comfortably. Close your eyes and take a long, deep breath.
- Focus your attention on your feet. Breathe in, tense your toes, then breathe out and relax them.
- Now focus on your legs, take a deep breath, tense your muscles, count to five, then exhale and release them.
- Work your way up through your stomach, back, shoulders, arms and fingers. Finally scrunch your face up tightly, count to five and relax.
- Slowly open your eyes and notice how your body is feeling. Did you notice any tense areas in your body? How do they feel now?
- How could you fit this exercise into your daily routine? Are there other small things you could do to be kind to yourself and help you relax? Being more in tune with our body can help us feel grounded and more self-aware.

***'Tension is a habit. Relaxing is a habit. Bad habits can be broken, good habits formed.'***

William James

