



STEP 1

Take a moment to scan your body. Look for subtle signs of muscle tension — furrowed brow, tense shoulders, stiff neck.

STEP 2

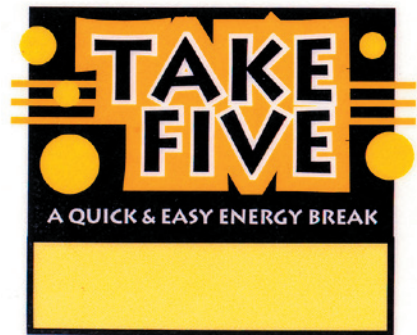
Breathe naturally. Tighten each muscle group, one at a time; hold 5 counts. Release slowly, letting tension flow from your muscles.

FACE
Tighten muscles in your neck, face and head... release.

LEGS
Tighten leg muscles... release.

TORSO
Tighten arms, hands, back and abdominal muscles... release.

Alternately tightening and relaxing muscles makes us aware of excess "background" tension that can drain energy.



1 Rotate arms inward. Hold 3 counts. Rotate arms outward palms up. Hold 3 counts.



2 Draw shoulders backward... hold 3 counts...release.

3 Make a soft fist; gently bend knuckles toward floor. Straighten and stretch arms; hold 5 counts. Shake out.



4 Lean back gently, hands supporting lower back. Hold 5-10 counts. Do not over arch.

5 Sit deep in chair; close your eyes. Breathe in while stretching neck and spine upward. Exhale slowly, completely.



Always stretch gently, carefully controlling each movement. Discontinue exercise if you feel discomfort or pain and consult your healthcare professional. Reviewed by Marjorie Koutsandreas, Physical Therapist / R.J. Banks, Ergonomics Specialist

REPEAT EACH STEP 3 TIMES.