

Fact Sheet 8

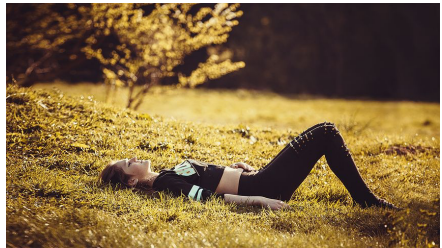


Living a Wholistic Life
Your journey towards a freedom life

Deep Muscle Relaxation Exercise

A tool you can use at any time, any place to bring an instant calm to mind and body.

- Settle down, get comfortable and focus on your breathing.
- Breathe in and out deeply using your diaphragm.
- Begin by tensing your toes and hold for a count of 10, then relax.
- Next move on to your legs and repeat.
- Continue tensing and relaxing each part of your body as you move up towards your head.
- Once you have completed a full toe to head exercise, sit in silence and focus on your breathing. Notice how your body feels.
- Then slowly open your eyes.



What are the benefits of a deep muscle relaxation exercise?

- Trains your brain to recognise symptoms of stress and how to release muscle tension on command.
- Teaches your body how to distinguish between tensed and relaxed muscles.
- Helps quiet and focus your mind and regulates breathing.
- Teaches your body how to instantly address and recognise stress symptoms.