

Relaxation

Relaxation is good for your health.

- ▶ Being able to relax is vital for good health.
- ▶ Life can get busy and we don't notice how tense or stressed we have become.

Are you relaxed?

1

SHOULDERS

Are they up around your ears or relaxed? Push them up and then let them fall down.

2

FOREHEAD

Is it creased and frowning? Or smooth and relaxed? Push your eyebrows up then let them fall into a relaxed position.

3

JAWS

Are your teeth clenched? Let them come apart without opening your mouth. Feel your jaw muscle. Is it hard or relaxed? Let it go.

4

TONGUE

Is it up against your front top teeth? Let it lie on the floor of your mouth.

5

HANDS

Are they clenched like fists ready for a fight or floppy and relaxed?

6

BREATHING

Is it from your chest and rapid, or from your stomach and slow with full 'out' breaths?

7

TOES

Are they curled up tight or relaxed?



Ways to relax

Some people relax by going for a walk or doing some gardening. Others relax by reading a book, listening to music, watching a movie or talking to friends.

How do you relax?

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