

Tense-Release Muscle Relaxation Exercise

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*Hold each action for several seconds
5-10 minutes*

- Curl your toes in toward the bottom of your feet
- Release, and turn your toes out
- Push your heels downward, stretching your calves
- Relax, and turn your heels out to the sides, flexing your ankle bones toward each other
- Make a fist with your right hand; clench it tightly
- Release your fist, and spread your fingers wide
- Make a fist with your left hand; clench it tightly
- Release your fist, and spread your fingers wide
- Tighten your upper arms, pressing your arms against your sides and your shoulder blades toward each other
- Release, and allow your shoulders to droop downward
- Make your neck shorter and wider
- Release, and stretch your head upward, making your neck long and thin
- Open your mouth wide
- Purse your lips or clench your teeth
- Open your mouth wide again
- Purse your lips or clench your teeth again
- Smile hard
- Purse your lips
- Wrinkle your nose
- Close your eyes very tight
- Raise your eyebrows in a questioning look
- Wrinkle your forehead
- Frown fiercely, bringing your eyebrows down over your eyes
- Relax your face, making your forehead, eyes, and mouth smooth and calm
- Shake out all the muscles in your arms, legs, and neck