

Release Tension

This series of small movements to release tension is also known as **Somatic Release**.

These can be done in one place, whether you are standing or sitting.

Unclench
your jaw

Move
your eyes
from
side to side

Relax
your
forehead

Drop
your
shoulders

Relax
your
stomach

Turn
your head
from
side to side

Relax
your
tongue

Shake out
your
hands

Take
three slow
breaths