

TARGET AREAS FOR RELAXATION

Target Area	Tension Exercise
1. The Right Hand	Make a fist
2. The Left Hand	Make a fist
3. Forehead	Lift eyebrows
4. Eyes and Cheeks and Nose	Close eyelids tightly and wrinkle nose
5. Mouth	Clench teeth and open mouth as wide as possible
6. Neck and Throat	Touch chin to chest; press head back
7. Shoulders and Upper Back	Lift shoulders toward ears
8. Chest	Hold deep breath for five seconds, breathe out slowly
9. Forearm	Bend hand toward elbow
10. Bicep	Curl arm up and tighten bicep
11. Abdomen	Pull in and hold; push out and hold
12. Buttocks	Tighten together
13. Thigh	Lift or pull up each leg one at a time
14. Calves	With legs straight bend your foot toward your knee; point toes like a ballet dancer
15. Feet	Curl toes and point feet slightly away from you