

60 Second Tension Tamers



Yawn & Sigh

Stand

Take a big yawn – open mouth and throat

Yawn (loudly)

Until automatic yawn response takes over

Sigh

Quietly inhale and then a long noisy exhale
(relaxes throat and chest muscles)

Stretch

Stand and stretch

Arching back

Stretching arms and fingers out wide

Hold 5 to 10 seconds, then let go allowing body to go limp

Sedentary Stretch

Sit straight

Bring shoulders back as if trying to touch blades together
7-8 seconds and then release.

Curl shoulders forward as if trying to touch them in front.
Hold for 7-8 seconds. Repeat 2-3 times.

Triple Shake

1. Stand with arms hanging loosely at sides

Shake fingers, hands, wrists, and arms on up to shoulders
until arms feel warm and tingly – 10 to 20 seconds

2. Legs, one at a time, 10 to 20 seconds.

3. Trunk and whole body.

Tender loving Rub

Rub hands together briskly until warm

Place over eyes and cheeks