



Let It Go

Sit comfortably and take a deep breath.

Use your fingers to gently massage the top of your head.

Still in massaging motion bring your fingers to your forehead, eyebrows, temples, around your eyes, cheeks, and jaw. If you notice tension anywhere – **let it go**.

Finally massage each of your ears and end by gently pulling your earlobes.

Keep In Mind

- Take your time with each area especially where you hold the most tension.
- You may try this technique on your hands using a massaging motion to focus on each finger, thumb, and palm.



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