

Muscle Relaxation Exercises

Social Media Bundles

MUSCLE RELAXATION EXERCISES

Feeling anxious affects our bodies and minds. Muscle relaxation exercises can help us decompress and feel better in our bodies, which can in turn help us feel better in our brains.

All of our bodies work in different ways. We know our own bodies best. You can adjust these activities however you need to make them work for you.



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STRETCHES

- Sit cross-legged or legs straight in front on a comfortable surface
- Turn shoulders/upper body to the left and hold for 10 seconds
- Back to centre
- Turn shoulders to the right, hold for 10 seconds
- Back to centre
- Reach arms in front as far as you can, hold 10 seconds
- Reach to the sky, hold 10 seconds
- Repeat twice



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CHAIR EXERCISES

- Put your hands behind your back, touching your elbows with your hands
- Hold your hands up in front of you (hold for 5 seconds), make fists, turn fists upwards (hold for 5 seconds), turn fists downwards (hold for 5). Bring your hands back down. Repeat 5 times
- With your feet flat on the floor, raise your heels for 10 seconds, drop them back down. Repeat 3 times
- Put your hands flat on the back of your head and bend your elbows. Turn your head left (hold for 5 seconds), turn your head to middle, turn your head to the right (hold for 5 seconds)
- Leg extension: straighten right leg in front, bring down. Straighten your left leg in front, bring back down



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