During tense moments, stress, or anxiety PRACTICE TENSION RELEASE:

**HANDS**
Make a fist and squeeze for 5 seconds
Release for 10 seconds. Repeat 5 times.

**FACE**
Clench your jaw and wrinkle your nose for 5 seconds
Release for 10 seconds. Notice the difference. Repeat 5 times.

**STOMACH**
Take a deep breath & hold. Tighten your stomach.
Relax and breathe out. Repeat 5 times.

**FEET**
Stand or sit with feet on floor. Push hard into floor with your heel
Hold and notice the tension. Release and repeat 5 times.

Scan your body and repeat for any areas that still feel tension.

Allow your body to become fully relaxed.