

# TAKE TIME OUT TO RELAX.

FOR THE BEST RESULTS, READ THIS BOOK AND TRY THE EXERCISES DESCRIBED IN IT. THE MORE YOU PRACTICE, THE BETTER YOU WILL FEEL.

1. Focus attention on muscle group..
2. Tense muscle group.
3. Maintain tension for five to seven seconds.
4. Tell yourself "relax" and immediately release tension.
5. Focus attention on muscle group as it relaxes.

## Sequence for Relaxing

1. Right hand, lower and upper arm.
2. Left hand, lower and upper arm.
3. Forehead and eyes.
4. Upper cheeks and nose.
5. Corner of mouth and jaw.
6. Neck (lower chin toward chest).
7. Shoulders and back (imagine rope under armpit).
8. Chest (take deep breath).
9. Abdomen or stomach area (tense tummy).
10. Right upper leg.
11. Left upper leg.
12. Right calf (raise heel).
13. Left calf (raise heel).
14. Right foot and toes (push on floor).
15. Left foot and toes (push on floor).

