

Physiological Relaxation exercise

Point your toes away from your feet	Hold for 5 seconds and then relax	
Turn your left foot around by the ankle	5 seconds	relax
Turn your right foot around by the ankle	5 seconds	relax
Lift your left leg and stretch it out in front of you	5 seconds	relax
Lift your right leg and stretch it out in front of you	5 seconds	relax
Clench and unclench your left knee	5 seconds	relax
Clench and unclench your right knee	5 seconds	relax
Tense the muscles in your left thigh	5 seconds	relax
Tense the muscles in your right thigh	5 seconds	relax
Clench your buttocks	5 seconds	relax
Pull in your tummy muscles	5 seconds	relax
Clench your left hand into a fist	5 seconds	relax
Clench your right hand into a fist	5 seconds	relax
Tense the muscles in your lower left arm	5 seconds	relax
Tense the muscles in your lower right arm	5 seconds	relax
Tense the muscles in your upper left arm	5 seconds	relax
Tense the muscles in your upper right arm	5 seconds	relax
Take 2 breaths gently in and out		
Press your head into the support of the chair or the pillow	5 seconds	relax