Child Form 9.3

How to Relax

General Muscle Relaxation

1. Take some slow, long, deep breaths.
2. Take a big breath in, tense your entire body (hold it still), count to five, and then breathe out and completely relax or let go.
3. Continue tensing and relaxing your body 5 more times.
4. Remember to take deep breaths.
5. Let your eyes drift open.
6. Pay attention to how relaxed you feel.

For a Deeper Relaxation

1. Pick a muscle (area) where you feel tension or tightness, such as your legs, buttocks, arms, or face.
2. Tense each muscle for 5 seconds, and then relax for 5 seconds, focusing on how each muscle feels.
3. Once you have done this with each muscle area, then try to relax your entire body.
4. Remember to take deep breaths as you do this exercise.
5. Repeat this sequence a second time, if you can.
6. Pay attention to how relaxed you feel.