

# 81 Family Clinic

## RELAXATION ROUTINE

1. SIT ON A CHAIR...



2. "SCRUNCH" UP YOUR FACE...



THEN... RELAX IT...



3. TENSE YOUR ARMS...



THEN... RELAX THEM



4. TENSE UP YOUR SHOULDERS AND CHEST...

THEN... RELAX THEM



5. TENSE UP YOUR LEGS...



...THEN RELAX!

6. BREATHE IN RELAXATION...



...BREATHE OUT TENSION

