

## Letting Go of Tension Exercise



1. Inhale with your abdomen rather than your chest expanding, as you say to yourself *breathe in*.
2. Hold your breath a moment before you exhale.
3. Exhale slowly and deeply as you say to yourself *relax*.
4. Inhale slowly, then hold your breath for a moment, noticing any parts of your body that tense up.
5. As you exhale, feel the tension leaving your body. With each exhalation, feel increasingly relaxed as you release tension.
6. Pause between each breath, finding your natural rhythm.
7. When thoughts, feelings, and sensations catch your attention, simply observe them and then re-focus on your breathing.