

Mindfulness 5
Tension check

Start by finding a comfortable position and close your eyes, or look down at the floor if you would prefer.

Bring your attention to your forehead – is it creased and frowning? Or smooth and relaxed?

Push your eyebrows up then let them fall into a relaxed position.

Now focus on your jaw – are your teeth clenched? Let them fall apart without opening your mouth. Feel your jaw muscle. Is it hard or relaxed? Let it go.

Now notice your tongue – is it up against your front top teeth? Let it lie on the floor of your mouth.

Now come to focus on your shoulders – are they up or down and relaxed? Push them up and then let them fall down into a relaxed position.

Now notice your breathing – are you breathing quickly from your chest? Or slowly from your stomach with full out breaths? Gently breathe more deeply and slowly.

Now focus on your hands – are they clenched like fists or floppy and relaxed? Stretch out your fingers then let it go.

Now bring your attention to your toes – are they curled up tight or relaxed? Stretch your toes out and then let them relax.

Bring your attention back to the room, feel the chair beneath you... and when you are ready open your eyes.