

TOUGH TALK TOOLKIT



MUSCLE RELAXATION

Relaxing your muscles relaxes your mind

DIRECTIONS

Find a comfy seat. Tense and relax muscle areas, following the instructions on the right. Tense muscles to 3/4 strength and avoid injured or aching muscles



DID YOU KNOW?

Your mind and body are connected. When your mind is under stress, it signals your muscles to tense. In turn, when you consciously relax your muscles, it signals your mind to relax.

TENSE 5 secs

RELAX 7 secs

LEGS & FEET

Lift legs straight out, point toes toward head

STOMACH

Tighten abdominal muscles

BACK

Stick out stomach and chest and arch your back

WRISTS

Rest hands on knees, palms down, point fingers upwards

BICEPS

Clench hands into fists and bring them to shoulders

SHOULDERS

Shrug upwards and hold

NECK

Tilt head forwards, bury chin into chest

JAW

Clench jaw together

EYES

Close eyes tightly

FOREHEAD

Raise your eyebrows, wrinkle your forehead

When relaxing muscles, let out as much tension as you possibly can. There are many opportunities to do this e.g sitting at your desk, watching TV etc.