

Worksheet #1 (Allen A.)

Follow the instructions to practice relaxing your muscles. Place a check next to the number once you have finished the step.

- 1. Tighten your toes downwards for a couple of seconds. Then relax.
- 2. Tighten your leg muscles for a couple of seconds. Then relax.
- 3. Tighten your stomach muscles for a couple of seconds. Then relax.
- 4. Tighten your arms and hands, your neck and shoulders, and your jaw for a few seconds. Then relax.

