




TENSION RELEASE EXERCISE



THE SHOULDER DROP

TRY THIS:

- LIFT YOUR SHOULDERS UP TOWARD YOUR EARS.
 - HOLD FOR 2 SECONDS.
 - DROP THEM COMPLETELY AND LET THEM RELAX DOWNWARD.
 - TAKE A SLOW DEEP BREATH.
 - REPEAT 3 TIMES.
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UNCLECNH YOUR JAW

TRY THIS:

- LET YOUR TEETH SEPARATE SLIGHTLY
 - RELAX YOUR TONGUE
 - SOFTEN YOUR CHEEKS AND LIPS
 - TAKE 2 SLOW BREATHS
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