

WE ALL HAVE MENTAL HEALTH



Muscle Relaxation

Find a comfortable standing or seated position.

Make a fist with each of your hands, take a deep breath in while you squeeze your fists tight. Hold for 5 seconds, then exhale while relaxing your hands

Tighten your arm muscles, breathing in while squeezing them next to your body. Hold for 5 seconds, then exhale while relaxing your arms.

Repeat with legs, feet and face.

Self-Care Tip: MINDFUL MOVEMENTS can be used to energize, wake up, release energy.