



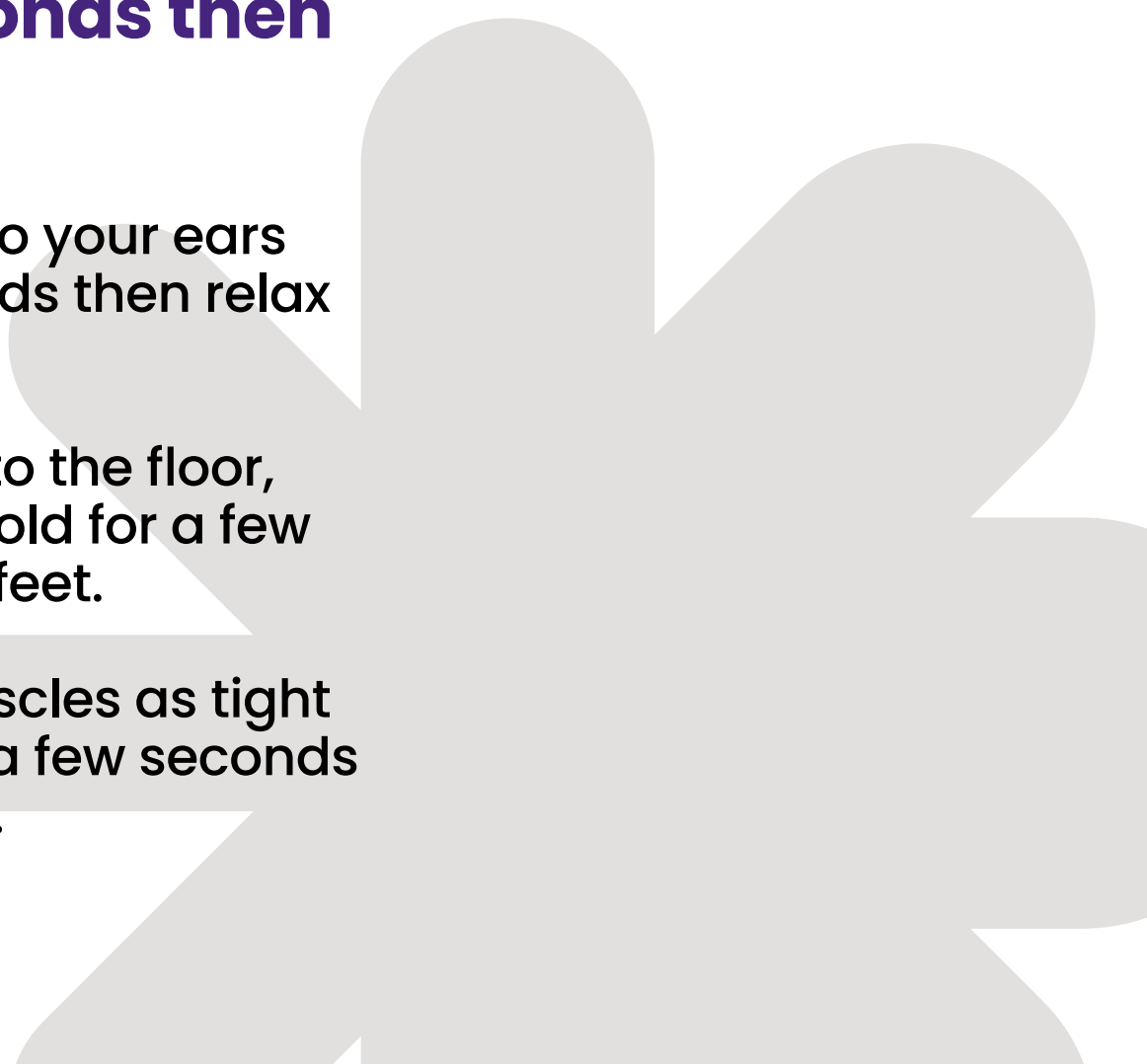
# Tense and Relax

**Squeeze your hands into fists as tight as you can hold for a few seconds then relax your hands.**

Push your shoulders up to your ears and hold for a few seconds then relax your shoulders.

Push your heels down into the floor, squeeze your toes and hold for a few seconds then relax your feet.

Tense your stomach muscles as tight as you can and hold for a few seconds then relax your stomach.



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