

# Relaxation

Relaxation is good for your health.

- Being able to relax is vital for good health.
- Life can get busy and we don't notice how tense or stressed we have become.

Are you relaxed? **Check now**

1

## SHOULDERS

Are they up around your ears or relaxed? Push them up and then let them fall down.

2

## FOREHEAD

Is it creased and frowning? Or smooth and relaxed? Push your eyebrows up then let them fall into a relaxed position.

3

## JAWS

Are your teeth clenched? Let them come apart without opening your mouth. Feel your jaw muscle. Is it hard or relaxed? Let it go.

4

## TONGUE

Is it up against your front top teeth? Let it lie on the floor of your mouth.

6

## BREATHING

Is it from your chest and rapid, or from your stomach and slow with full 'out' breaths?

5

## HANDS

Are they clenched like fists ready for a fight or floppy and relaxed?

7

## TOES

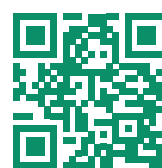
Are they curled up tight or relaxed?



## Ways to relax

Some people relax by going for a walk or doing some gardening. Others relax by reading a book, listening to music, watching a movie or talking to friends.

How do you relax? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Learn more at:  
[calm.auckland.ac.nz](http://calm.auckland.ac.nz)