

QUICK RELEASE OF TENSION

Whenever you feel anxious, panicky or uptight.....

- **Let your breath go (don't breathe in first)**
- **Take a slow gentle breath; hold it for a second**
- **Let it go, with a leisurely sigh of relief**
- **Drop your shoulders at the same time and relax your hands**
- **Make sure your teeth are not clenched together**
- **If you have to speak, speak more slowly and in a lower tone of voice**