



## PAUSE, TENSE AND RELAX

### Who can do it?



Everyone

### When can you do it?



Feeling anxious or stressed.

### How to do it?



- Tense a specific muscle group (e.g. arms and hands or neck and shoulders) and hold for five seconds.
- Release the muscle group and observe how you feel.
- Work head-to-toe, to better understand all of the muscles affected by anxiety.

### How will it help and expected outcomes?



- It will help you calm down.
- It will help in dealing with muscle tension and will help you sleep better.
- If practised regularly, it minimizes chronic stress and builds resilience.

### Resources required?

Yourself