

R E L A X

THE BODY

R E L A X

THE MIND

By Stephani Darr



R E L A X

The body and mind are interconnected. As we relieve tension and relax the body our mind will slow and relax as well.

This guide will take you through the body tensing and then relaxing each area. **All you need is a chair and yourself.** It can be done at an office, in the car, or at your kitchen table.

You can do all the exercises at once or do what you need.

I would suggest to go through all the activities now.

Then when you have time for a little break you can choose to do the 1 or 2 you feel you need.

Go slow and do not push yourself. Get to the point of tension and breathe.

Enjoy.

R E L A X

THE FACE

Eyes - Bring attention to your eyes

Keeping the head still, look up and down - repeat x 5, look left and right - repeat x 5, then try to make circles clockwise and counterclockwise, twice each.

Raise and lower your eyebrows a few times.

Quickly rub palms together until warm then close your eyes, gently apply the warm palms to your eyes and allow all the muscles to release.

Jaw - Notice if you ever clench or grind your teeth

Lions roar - open your mouth as far as comfortable, tilt your head back, stick out your tongue and let out a big sigh.

Unclench your jaw, leaving a little space between top and bottom teeth while keeping the lips touching. Do this when you notice any tension built up.

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THE UPPER BODY

Neck - the person who is the "pain in your neck" is a real thing

Sit tall, relax both arms and shoulders at your sides. Keeping the shoulders down, tilt your right ear to the right shoulder, take two breaths, slowly come back to center, tilt to the left and take two breaths.

Slowly bring the chin to your chest (looking down) then lift the chin high (looking up) several times. Try slowly looking left and right.

Shoulders - We often carry the weight of the world on our shoulders

Sit tall, inhale, scrunch your shoulders up high, close to the ears, then exhale and lower, repeat x 5.

Cat/Cow Chair - Sitting, exhale, reach the arms in front of you, tuck your chin round the shoulders and stretch. Then inhale, bring your arms behind you, opening the chest, lifting the chin up. Repeat.

RELAX

THE LOWER BODY

Hips - We store a lot of emotions in our hips.

Sit tall take your right ankle and place it on your right knee, this might be enough, if not, start leaning forward, take 5 breaths at the point of tension. Release and repeat on the left side.

Lower Back - Often forgotten and key to releasing tension throughout the whole body.

Sit tall, inhale arms all the way up, exhale, reach forward and fold over your legs, allow yourself to relax folded over your thighs. Take 5 breaths here.

R E L A X

THE BREATH

Breathe - When we are anxious we typically take shorter breaths and we can feel a tightness in the chest.

Sit tall, bringing shoulders down your back, lower or close your eyes, put one hand on your belly and one on your chest, take several full deep breaths noticing the belly & chest expand on the inhale and relax on the exhale pushing out all the air. Practice 5 full belly breaths.

Sitting tall, relax the hands in your lap, count your inhales and exhales, making your exhales twice as long than your inhales. Start with in 3, out 6, then as you relax more increase it to 4:8 and 5:10 if comfortable.



HI, I'M STEPHANI.



A phoenix who has risen out of the hell fire of an emotionally abusive relationship. It wreaked havoc on my mental and physical health.

I have take control back of my mental and physical health. Now, my passion is guiding other women do the same.

As a mental health counselor, health coach and yoga instructor I lead from my heart, knowledge, and personal experience.

Know I am always here for you.
You've got this.

~Stephani Darr

  @startwithsteph
Startwithstephnow@gmail.com

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