



# Face Relaxation

## MINDFULNESS SESSION

### 7 MINUTES RELAXATION EXERCISE

*To get started, find a very comfortable relaxed position. You may want to close your eyes, or feel free to keep them open if you're more comfortable that way.*

*Let's begin by focusing on your breathing, follow your breath as it comes into your body and as it goes out of your body. Take 3 slow, full natural breaths in and out, noticing how your energy rises on the in-breath and falls on the out breath. Slow even breaths can help our bodies begin to relax as we start to notice the difference between tension and relaxation.*

*Now lift your shoulders up and in, really pulling them into your neck, and hold tight, tensing them... Then release and relax, letting your shoulders fall gently down and back, letting go of any stress and allowing the muscles in your neck and shoulders to be free from tension.*

*Now gently focus your attention on all the tiny little muscles of your face. Wrinkle your forehead, squeeze your eyes tightly, turn up your nose, bite your teeth together, make your mouth very wide by pulling the corners of your mouth to the side, pull your chin slightly towards your breastbone and your head back up. - Now!*

*Are all muscles tense? Hold the tension for a moment (7 seconds).*

*Breathe out slowly, releasing the tension by relaxing all muscles at the same time.*

*Relax your eyebrows, your scalp, relax your forehead, relax your eyes, your nose, your jaw. Experience how the skin of your face becomes smoother and smoother the more you relax. Feel how the relaxation spreads all over your face: Your lips, jaws, nose, eyes, forehead loosening. Relax your neck muscles. Neck and upper shoulder area loosen more and more. Enjoy the relaxation, which spreads out comfortably (60 seconds).*

*Now leave your entire face and neck muscles completely relaxed and calm and come back with your attention and open your eyes gently.*