



Vicki Tillman Coaching

Mindfulness Exercises: Progressive Relaxation

Learn these exercises to help you feel more calm and less anxious.

Progressive Relaxation: How-to

1. Breathe in through your nose and out through your mouth, nice and slow (count to 5 in and 5 out). Try to pull the air down to your stomach.
2. Repeat 2 more times while keeping your body relaxed.
3. Tense your face (make a funny face), relax it, take a deep breath.
4. Pull your shoulders to your ears, relax, take a deep breath.
5. Make fists with your hands, tense fists and arms, relax, take a deep breath.
6. Suck in your stomach, relax, take a deep breath.
7. Squeeze your legs together, relax, take a deep breath.
8. Curl your toes, relax, take 3 deep breaths.