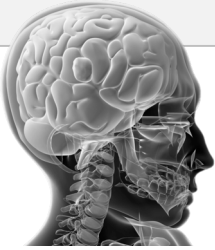


THE “CALM” EXERCISE



This exercise will help you relax muscles that are tense due to stress. As the word “CALM” is used here, each letter stands for a muscle group. The “C” stands for chest, “A” stands for arms (including hands and shoulders), “L” stands for legs (including feet), and “M” stands for mouth (including the jaw).

Say the word “CALM” to yourself. If you are able, close your eyes so you can focus better. As you repeat the word to yourself, scan each of the four areas for muscle tension, relaxing each. Move from the Chest to the Arms to the Legs to the Mouth, scanning for tension and letting go of any that exists, as you repeat the word “CALM”.

Repeat this as long as needed, but at least 30-60 seconds. If you are using one of the muscle groups and so cannot relax it (e.g., if you are walking down the street you can’t relax your legs completely), simply focus on the other muscle groups.

C H E S T

Sink your chest and torso into the back of your chair.

A R M S

Let your shoulders and arms drop. Rest your hands in your lap.

L E G S

Make sure your legs are uncrossed, feet resting lightly on the floor. Let your legs become loose and flexible.

M O U T H

Allow your jaw to drop slightly. Try to relax your tongue, separating it from the roof of your mouth.

