# Tension Tamers

## Stretch Your Muscles!

Begin by tensing and relaxing your neck, shoulders, arms, back, spine, buttocks and legs

## Give away some love!

Remember that those who give receive great returns!

## Change your pace

If you are moving at warp speed, slow down for a couple of minutes. Change gears, switch speeds, alter your focus, turn your thoughts…

## Breathe

Slow down your breathing!
Take a long deep breath and hold it in…Slowly let it out and let it go
Notice how you relax by taking deeper and longer breaths…
Breath again in and out slowly and the stress melts away

## Exercise

Go for that walk or run, workout with weights or on a bike, participate in an aerobics class

## Visualize

Close your eyes and sit comfortably. Imagine a favorite place- a mountain, forest, waterfall, beach or lake. Take in everything about your special spot! See it, feel it, breath in and smell it…
Allow the retreat to cleanse you and take the tensions away…
Feel the comfort and peacefulness of your place… See yourself at peace