

# 7-Minute Self-Care: Relaxation and Meditation Techniques

## 1. Progressive Muscle Tension & Relaxation (1.5 to 2 minutes)

- a. Tense left toes (5 seconds), then relax
- b. Tense left leg (5 seconds), then relax
- c. Tense right toes (5 seconds), then relax
- d. Tense right leg (5 seconds), then relax
- e. Tense left hand into fist (5 seconds), then relax
- f. Tense left arm (5 seconds), then relax
- g. Tense right hand into fist (5 seconds), then relax
- h. Tense right arm (5 seconds), then relax
- i. Bring chin to chest, squeeze eyes shut, and tense entire torso (5 seconds), then relax
- j. Curl up into a ball, wrapping arms around legs, rocking back and forth, (5 seconds), then relax body to lay flat on the ground

## 2. Deep Breathing Counting Meditation (5 minutes): Exhales are one beat longer than inhales

- a. Inhale 1 beat, exhale 2 beats
- b. Inhale 2 beats, exhale 3 beats
- c. Inhale 3, exhale 4
- d. Inhale 4, exhale 5
- e. Inhale 5, exhale 6
- f. Inhale 6, exhale 7
- g. Inhale 7, exhale 8
- h. Inhale 8, exhale 9
- i. Inhale 9, exhale 10
- j. Repeat from (a)

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