



15-Second Refresher

1 Hands

Tensed: Cold, clammy, fidgety, clenched

Relaxed: Warm, dry

7 Smile

It comes naturally as you relax.

6 Positive Statement

State a positive comment about yourself.

5 Breathing

Breathe a deep diaphragmatic breath (abdomen rises first), and hold for the count of five while making fists; raise shoulders to ears and clench your jaw. Blow all the air out at once and relax your body.

4 Jaw

Teeth clenched or apart?
Gently move jaw from side to side and keep upper and lower teeth apart.

2 Shoulders

Tensed or relaxed?

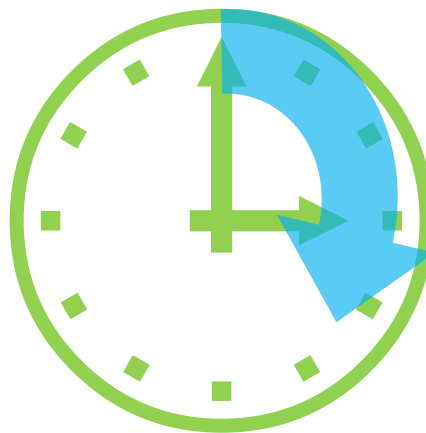
Rotate shoulders forward and backward

3 Neck

Tensed or relaxed?

While keeping shoulders level, lean head to the left, right, forward and backward.

Look over left shoulder and right shoulder.



“There is more to life than increasing its speed.” Mohandas K. Gandhi

Adapted from The Depression Center,
Utah Valley Regional Medical Center