# Mindful Relaxation Activity

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***AUDIO of Meditation****:* [Mindful Relaxation Activity](https://www.spreaker.com/user/masterpiece_living/mindful-tense-release-activity)

**Overview:**

1. Lie on your back with your arms at your side (palms up), and your legs straight in front of you, about hip’s distance apart, allowing your feet to relax wherever they fall.
2. Begin with a few deep breaths.
3. Scrunch up your facial muscles as if you’ve eaten something sour. Inhale, pause, exhale and relax your muscles, as if they were melting.
4. Next, imagine you are lifting your head off the floor by making the motion of lifting (but keep your head touching the floor), so that your neck muscles are engaged. Inhale, pause, exhale. Relax your head and neck. Rock your head gently from side-to-side.
5. Draw awareness into your left arm. Make a fist with your left hand and tighten the arm up through the shoulder. Lift as if to bring the arm just a millimeter from the floor. Inhale, pause, exhale and allow your arm to drop to the floor and release your fist. Stretch your left hand open as wide as possible and then relax it. Allow the arm to feel heavy and weighted into the floor.
6. Repeat #5 with your right hand and arm.
7. Draw awareness to your left leg. Scrunch up the toes and tighten the entire leg up through your left glute. Lift as if picking the leg up just a millimeter off the floor. Inhale, pause, exhale and drop the leg to the floor. Intentionally stretch the toes of your left foot and then relax them. Rock the leg slightly from side to side and then let it completely relax into the floor.
8. Repeat #7 with your right foot and leg.
9. Draw your awareness into your belly. Inhale as if filling up a balloon. Pause at the top of the breath. Open your mouth and exhale the air out as if someone popped that balloon. Repeat two more times. Allow your breathing to return to normal, in and out through your nose.
10. If needed, rock your hips slightly to relax your hips and low back. Scan your body for any left-over tension. With each exhale, relax more deeply into the floor, feeling the weight of your arms and legs completely supported by the Earth beneath you. Relax here for a few minutes before opening your eyes.