



2-Minute Check-in



Hands

Do they feel cold, clammy, fidgety, or clenched? You're tense! Do they feel warm and dry? You're relaxed.



Smile

It comes naturally as you relax; and vice versa 😊.



Think

Think of a positive comment about yourself.



Shoulders

Do they feel tense? Rotate your shoulders forward and backward.



Neck

If your neck is tense, try this: While keeping shoulders level, lean your head to the left, right, forward and backward. Then turn your head to look over left shoulder and then your right shoulder.



Breathe

Slowly breathe in through your nose as you count to five (let your stomach rise before your chest). Hold the breath for 2-3 seconds. Then slowly and gently exhale through your mouth as you count to five (as if blowing out a candle). Hold the exhale for 2-3 seconds. Repeat 6-12 times.



Jaw

Are your teeth (particularly your molars) clenched or apart? Gently move jaw from side to side and keep upper and lower teeth apart.

"There is more to life than increasing its speed."

– Mohandas K. Gandhi