15-Second Refresher

1. Hands
Tensed: Cold, clammy, fidgety, clenched
Relaxed: Warm, dry

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.

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

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.

6. Positive Statement
State a positive comment about yourself.

7. Smile
It comes naturally as you relax.

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

Adapted from The Depression Center, Utah Valley Regional Medical Center