**Muscle Tension Exercise: © Babette Rothschild**

*Note: This isn’t progressive muscle relaxation – what we are trying to do here is to maintain some of the contraction or tension and the reason is to help with containment. If you feel any spaciness or anxiety, etc, just stretch out the muscle rather than tense it*

Side of Legs: Stand with your feet a little less than shoulder-width apart, knees relaxed so don’t lock them or bend them. And press your knees directly to the side so that you can feel the tension along the sides of your legs from your knee to your hip.

Left arm: Sit or stand with your arms crossed right over left. Your right hand should be covering your left elbow. Allow your left arm to lift slightly directly away from the body and let the right hand provide resistance. You should feel tension in the front facing part of your upper left arm from shoulder to elbow. Next your right hand will provide resistance to the back of your left elbow. So, let your left arm push directly left and you should feel the resistance to the back of your right elbow.

Right arm: Sit or stand with your arms crossed left over right. Your left hand should be covering your right elbow. Allow your right arm to lift slightly directly away from the body and let the left hand provide resistance. You should feel tension in the front facing part of your upper right arm from shoulder to elbow. Next your left hand will provide resistance to the back of your right elbow. So, let your right arm push directly right and you should feel the resistance to the back of your left elbow.

Thighs: Sit down again now and put both your feet flat on the floor. Press your weight onto your feet just until you feel tension build in your thighs

Rhythm – 2 2 1 – legs and clap

Take a really big stretch, really stretch out, your shoulders and your arms. Then shake it out – really shake it – arms, legs, twist, spin around, really shake it.

Really tense your fists like you are a boxer, feel all of that tension, hold it and then when you are ready relax and let your hands relax out. X 3

Same with our shoulders – lift them up high, tense them, hold and then relax x 3

Do a little bit of marching on the spot, find your rhythm

Rhythm – 2 2 1 and then faster, move your body to left and right

Sit back down and rub your hands together really fast and feel the friction and then release – x 2