

# Exercise to Calm the Mind

## Class Summary

- **Relaxing your muscles engages your parasympathetic nervous system, so as well as using your breath to calm you during stressful moments, you can do the same using your body, to calm your mind:**
- **Begin by briefly clenching your fists and quickly releasing them. Feel your hands relaxing**
- **Now extend that relaxed feeling to your arms**
- **Raise your shoulders, then let them fall and feel the tension melt away**
- **Now do the same with your chest muscles, giving them a quick squeeze, then let them relax**
- **Next, briefly tense your stomach muscles, then release them. Recognise the feelings of relaxation in your muscles**
- **Now tense your thigh muscles, then release them, then extend this down to your calves**
- **Spend a few moments with your full attention concentrated upon the relaxed state of your body**
- **Now turn your attention to your breath, breathing in through the nose for 4 seconds, pause for 1 second at the top of your breath, then breathe out for 6 seconds**
- **This process helps you to achieve autonomic balance, feel calmer and think more rationally**