RELAXATION EXERCISES

When you feel test anxiety coming on, try one or two of these relaxation exercises. Relax your body and your mind will follow!

**Diaphragmatic Breathing**
Inhale deeply through the nostrils and expand the abdomen.
Keep shoulders and chest relaxed.
Exhale slowly through the nostrils while pulling the abdomen into the back of the spine.
Inhale to the count of 4 ---- exhale to the count of 8.
Repeat this pattern 3-4 times.

**Head Roll**
Roll your head slowly and loosely in a wide circle.
Roll forward and down, right, back, left, forward.
Repeat 5 times.
Take a deep breath.
Reverse the rotation and do 5 more rolls.
Take a deep breath.

**Shoulder “Scrunch”**
Tighten right shoulder and raise it as far up as possible and hold.
Relax shoulder slowly.
Bring left shoulder up and hold.
Relax.
Bring both shoulders up and hold.
Relax.

**Standing Stretch**
Stand with the legs shoulder width apart.
Start at the toes of the right foot, stretch the entire right side of the body (reach for the ceiling). The left side is to remain completely relaxed.
Repeat stretching the left side of the body and relaxing the right side.

**Standing Stretch, Version 2**
Stand with feet together, stretch arms over head, and interlock fingers, palms up.
Inhale deeply while stretching upward.
Bend to the right to feel stretch along your waistline. Hold for a count of 5.
Bend to the left and hold for a count of 5.
Repeat 5 times.