



Center for **B**iofeedback and **B**ehavior **T**herapy

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“Quickie-Mini” Strategies for Relaxation

As a part of your biofeedback therapy, you should set aside a part of your day, three times each week, during which you practice these relaxation techniques and any other homework that your biofeedback therapist will assign.

General Instructions: Sit comfortably with your feet planted on the floor, side by side, about shoulder width apart. Remember to keep breathing at a steady pace.

- 1) **Shoulder Shrug** – As easy as it sounds! Move your shoulders up together, as if to say “I don’t know,” and hold them there for five seconds. Release. Do this again with each shoulder, holding for five seconds and then releasing.
- 2) **Neck Stretch** – Gently stretch your neck from side to side, holding on each side for five seconds. Also, gently stretch your neck to the front and back, holding each position for five seconds. Be sure to rest your neck in its normal, upright, relaxed position for five seconds between each stretch.
- 3) **Shoulder Rolls** – Gently roll your shoulders forward, both separately and together. Gently roll your shoulders backward, separately and together.
- 4) **Monster Face** – Make your most horrible monster face and hold for ten seconds. Be sure to leave a space between your teeth to avoid clenching your jaw muscle. Release. You may want to do this in front of a mirror for an extra laugh during the day!