

Unclench and Release

A body practice for the tension you did not realize you were carrying.



The body can hold an entire day without asking permission.

The jaw tightens.

The shoulders rise.

The hands curl.

The belly braces.

We may not be able to release all of it.

But we can notice where effort has become unnecessary.

Before You Begin

This is not a full-body relaxation exercise.

You do not need to make every muscle soft.

Choose one place.

A small release is still a release.



Find the Grip

Notice where you are gripping.

Jaw.

Shoulders.

Hands.

Toes.

Belly.

Let yourself identify the place without criticizing it.

I notice the effort.



Exaggerate Gently

For one second, tighten that area a little more—only if it feels comfortable.

Then stop adding effort.

Notice the difference between holding and not holding quite as much.

I can loosen one degree.



Let Something Drop

Exhale and allow one small movement downward.

Shoulders lower.

Tongue releases from the roof of the mouth.

Hands open.

Nothing dramatic.

Just less effort than before.

I do not have to hold everything.



Carry It with You

The tension may return.

That does not mean the practice failed.

Bodies tighten and soften throughout the day.

The practice is learning to notice sooner.

Use it at your desk, in the car before going inside, while lying awake, or after you realize you have been bracing.

Notice.

Loosen.

Release one degree.