

# 15 – Second Refresher

## 1. HANDS

Tensed: Cold, clammy, fidgety, clenched

Relaxed: Warm, dry

## 2. SHOULDERS

Tense or relaxed

Rotate shoulders forward and backward

## 3. NECK

Tensed or relaxed

While keeping shoulders level, lean head to the left, to the right, forward and backward

## 4. JAW

Teeth clenched or apart

Gently move jaw from side to side and keep upper and lower teeth apart.

## 5. BREATHING

Breathe in a deep diaphragmatic breath (abdomen rises first), and hold for the count of five while making fist; raise shoulders to ears and clench your jaw. Blow all the air out at once and relax your body.

## 6. SMILE

It comes naturally as you relax.

## 7. POSITIVE STATEMENT

State a *positive* comment about yourself

THE DEPRESSION CENTER

UTAH VALLEY REGIONAL MEDICAL CENTER

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