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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