

Relaxation Techniques

Relaxing your Neck

Stand or sit with an upright back. Let your head fall forwards easily to begin a slow, left to right movement of your head and neck. Meanwhile, keep your shoulders relaxed and level. Do not strain or force this movement, but let the weight of your head guide you around. As you make several half circles, left to right movements, feel your neck muscles loosening and lengthening.

Relaxing your Back

Take time to sit up straight. Let your back rest comfortably with your shoulders against your back. When you get restless because your back gets tired, lean forwards from the hips, resting your elbows on your knees or desk and keeping your back straight.

Relaxation Meditation

Close your eyes and become aware of your breathing. Take slow, deep breaths while focusing on the events of the day, allowing each event to float away with your exhalation and filling your body with new oxygen and energy on the inhalation.

Quieting Response

If you feel nervous during the test, try some first aid: inhale deeply to a count of four, close your eyes, hold your breath to a count of four, and exhale slowly to a count of four. Do this several times throughout the test if necessary.

Chair Squeeze

1. Put your feet flat on the floor.
2. With your hands, grab under the chair
3. Push down with your feet and pull up on the chair at the same time.
4. Relax for five to ten seconds.
5. Repeat two or three times.
6. Relax all your muscles.