



JAW RELIEF

JAW RELIEF POSITION

Place your lips together, tongue on the roof of your mouth, and keep your teeth apart.

Place a colored sticker in obvious places (corner of the laptop, rearview mirror, back of the phone).

When you see this sticker, remind yourself to place your jaw in the relief position.

DIAPHRAGMATIC BREATHING

This can be done when sitting down but may be more effective when laying on your back.

When laying on your back, bend your knees and place your feet flat on the floor. You can also rest your legs on a couch or bench when lying on the ground.

Place one hand on your stomach and the other hand on your chest.

Take a deep breath in. Feel your stomach expand into your hand—breath in for four seconds.

Slowly breathe out. Breathe out for at least 5 seconds. Feel your stomach slowly sink with your breathe out.

Breathe in for 4 seconds. Breathe out for 5+ seconds.

Repeat for 5 minutes, 2-3 times throughout the day.