



Hello! From Your School Counsellor

As you press on full steam into the Exam preparation, you may experience muscle tension more frequently. This experience is not uncommon as it is usually associated with stress, anxiety and fear when your body is preparing for the Exam.

So, *Gessians*, **stay calm and press on!**

The Progressive Muscle Relaxation Technique developed by Dr Edmund Jacobson is an evidence-based technique which has been proven to be effective in stress reduction. The steps are as follows:

1. Breathe in gently - hold (10-20 sec) - and let go.
 2. Curl your toes upward gently - just a little - hold (10-20sec) - and let go. Feel the difference.
 3. Press your heels into the floor - hold (10-20sec) - and let go.
 4. Pull your knees together - hold (10-20sec) - and let go - relax the leg muscles.
 5. Squeeze your buttocks together - hold (10-20sec) - and let go.
 6. Pull in your tummy muscles gently - hold (10-20sec) - and let go. Feel the difference.
 7. Gently raise your shoulders until you feel the tension - hold (10-20sec) - now let go - relax your shoulders.
 8. Press your elbows and upper arms gently to the sides of your body - hold (10-20sec) - and let go.
 9. Hands - gently clenched - hold (10-20sec) - and let go.
 10. Push your head forward slightly - hold (10-20sec) - relax. Feel the difference.
 11. Grit your teeth together - hold (10-20sec) - let go and let your jaw sag slightly. Feel the difference.
 12. Purse your lips gently - and let go. Feel the difference.
 13. Press your tongue to the roof of your mouth - hold (10-20sec) - and let it drop loosely. Feel the new position.
 14. Close your eyes - gently squeeze a little - hold (10-20sec) - and let go.
 15. Forehead - frown a little - hold (10-20sec) - and let go. Feel tension release from forehead and face.
- Spend a few moments enjoying the feeling of release, releasing a little more with each exhale. Have a gentle stretch.



You can also watch the video through the link below:

<https://www.youtube.com/watch?v=t3uK039WdaM>

All the best, *Gessians*!