



FOR ANYWHERE



EASY



SEATED

Ease Anxiety

(soothe frazzled nerves)

EFFECTS

A simple, very effective way to help yourself calm down and release anxiety. This is great for kids and teens.

HOW TO

1. Come into your favorite seated position, with your spine straight. If you are in a chair, bring both feet flat on the floor.
2. Close your mouth and begin rolling your tongue in a clockwise position pushing your tongue against the front of your mouth. Continue for 30 to 90 seconds.
3. Reverse directions and continue for an equal amount of time.

TO END

4. Relax and enjoy.