

# You need release!

1

Feeling tense? Tighten the muscles in your neck, face, or backside, then release. Take a deep breath and focus on keeping your muscles relaxed.

2

Something on your mind? Regret, concern, the to-do list? Release it and replace it with a better thought, like a happy memory, the face of one of your favorite people, or Philippians 4:8.

3

Something in your heart? Anger, resentment, fear, or comparison? Release it and replace it with one thing you're thankful for or one thing that's gone well today.

4

Feeling restless or anxious? Stretch, go for a walk, call a friend, stare at the sky for a few minutes, sing a song. Then make a plan to exercise, see a friend, do something fun, or spend time in nature as soon as possible.