

# YAWN & STRETCH

**Time Allotment: 30 Seconds**

## ***About This Meditation***

A yawn forces you to take a deep breath, slow down the breathing, and to exhale fully. This counteracts the fast shallow breathing experienced as a symptom of stress and anxiety.

Stretching is effective in lengthening the muscles - the opposite of short, tensed muscles.

Do you know how to yawn? Sure you do!

Try it... open your mouth wide, yawn loudly with a big sigh, and stretch your arms above your head and out to the sides. Make sure to stretch out the back and shoulder muscles - key places where tension can build up.

## ***Getting Started***

Have participants stand up or otherwise change positions to allow enough room between participants for stretching their arms out.

Ask participants to get ready by rotating their shoulders and shaking their shoulders and arms. This will help to loosen up tight muscles.

## ***Script***

Open your mouth, and start to breathe in.

Open your mouth wider...wider... and open the back of your throat.

Feel the breathing passages opening. Your ears may even pop.

Allow the yawn to arrive as you inhale, and then complete the yawn by breathing out loudly with a sigh.

Take a few slow, deep breaths. Breathe in.... and out. In.... and out. In... out.

Now yawn again, and as you inhale with your mouth open wide, stretch your arms out and up. Stretch your muscles as you yawn. Allow your arms to drop back to your sides as you breathe out with a sigh.

Notice how much more relaxed and calm you feel.