

# The Perfect Yawn

How to tell your nerves to calm down so you can be  
Cool, Calm, Collected, and Confident

Think about a time you felt the way you want to feel

Relax the eyes and forehead

Bring the tongue down from the roof of the mouth

Tilt your head side to side to loosen neck muscles

Bring your shoulders down from your ears

Yawn with a long exhale

Open the the space at the back of the throat

Loosen your jaw

Let your belly drop

Relax your gluts

Keep yawning

Wiggle your knees

Wiggle your feet

Massage your scalp

Stretch

Sigh

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