

Shoulder, neck and jaw tension: 14 days of self-kind action

Pattern interruptors! Use these ideas to interrupt the pattern of tension and holding in your shoulders, neck and jaw.

Whole body/being

- Breathe in for a count of 4, out for a count of 4 for a total of 10 rounds of breath (or more)
- Breathe in for a count of 4, out for a count of 6-8 for a total of 10 rounds of breath (or more)
- Go for a short walk/bounce on toes/shake arms and legs

Shoulders

- Shrug and melt shoulders 3-5 times
- Circle shoulders slowly a few times forward and back
- Use a wall and press your hands into it, gently rounding your upper back, then lift your chin and chest and take a big breath in.

Neck

- Nod your head yes, and slowly shake it no a few times
- Use your fingers gently on the side of your head as you nod/turn to help 'locate' your head in space
- Drop your ear toward one shoulder, gently stretching the side of your neck. Then turn to look toward your chest for a few breaths. Use your hand for support.

Jaw

- Open and close your mouth, slowly.
- Circle the lower jaw slowly in one direction and then back again.
- Run your fingers down the sides of your jaw and give yourself a gentle massage.
- Breathe in through your nose, then sigh out through your mouth, letting your jaw open (optional - stick out your tongue!)

Additional Hub resources (totally optional)

- 3 door frame shoulder moves ([printable](#))
- Shoulder snacks ([printable](#))
- [One Movement Wonder: Shoulder Slinky \(1491\)](#) (5 minutes)
- [Shoulder Slides \(1133\)](#) (5 minutes)
- Alternate Nostril Breathing Break ([Guided Audio](#)) (5 minutes)