

# Neck Tension Release

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## PURPOSE

We often carry emotional and physical tension in our neck and upper body. Gentle movement of the neck muscles can loosen and release this tension.

## INSTRUCTIONS

Choose a position that is comfortable, either sitting or standing, so that your spine is upright and you feel supported by a stable surface. Then follow the steps below to release tension in your neck.

- 1 Allow your attention to move inward, noticing how your head rests on your neck, which rests on your shoulders. Allow your head and spine to straighten, stretching yourself to sit or stand just a little taller. Sense your spine supporting your tall posture.
- 2 When you feel ready, gently allow your head to release, and drop your chin slowly forward toward your chest. If it feels okay, gently and slowly roll your head toward one shoulder, then back toward the other, not pushing past any discomfort.
- 3 Choose how big or small to make the movement back and forth. Notice how you can go slower or faster, bigger or smaller.
- 4 Investigate what feels good, perhaps experimenting with bigger arcs or very slow and small movements side to side. You can lift your chin or keep it lower.
- 5 You may notice small clicks or cracking sounds as your neck muscles let go slightly; this is normal. If you notice tension or soreness in a particular area, you can focus your breathing on this area to help release the tension slightly.
- 6 Pay attention to your shoulders and allow them to release and move into a neutral position.
- 7 Continue the neck rolls for a few more moments, bringing them to an end when you feel ready to do so.
- 8 Allow your attention to come out to your external environment and take a few moments to reflect and note any observations about your experience