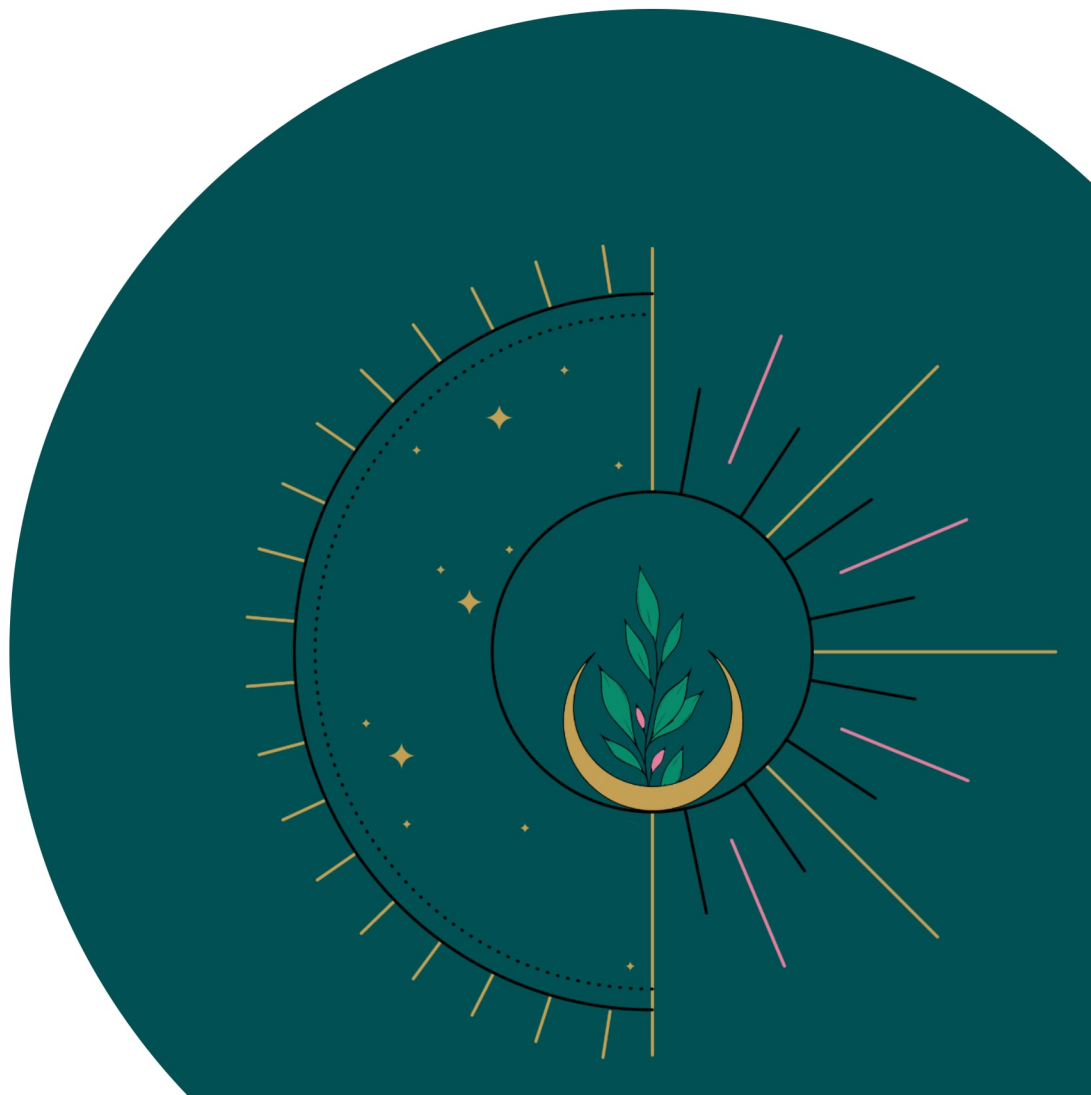


The 90-Second Un-Clench

Three places stress hides, and what actually works for each.



Hey. I'm Jessica. I've spent over a decade teaching yoga, with training in trauma-informed movement and in the best ways to help your nervous system stand down. My classes are small masterclasses in meeting your nervous system where it actually is, not where you think it should be.

This isn't a full class (or even a full relaxation practice), because sometimes you just need to take a moment, figure out where the heck all that tension is hiding in your body, and start to let it go. This is the 90 seconds it takes to do just that, for whenever you need it.

This PDF keeps it simple. Start with the tools on the next page to figure out what's going on. Do the one thing that helps. Then move on with your day. That's the whole plan.

Ready? Let's do it.

Jessica

Where is the tension hiding?

Read all three. Whichever one makes you relax a little just by reading it, start with that one.

1. Wearing Your Shoulders Like Earrings

Your shoulders have been inching up toward your ears for the last hour, and you barely noticed until your jaw joined in. It seems like other body parts may be getting ready to join the tension party.

Right now you don't know if it feels like tension or just another day ending in Y.

2. Your Brain Won't Shut Up

Your body stopped moving, but your mind kept going. It's replaying the day, drafting tomorrow, rehearsing conversations that haven't happened, gaming out the worst possible outcomes for every choice you made today.

Stillness without quiet.

3. You're Carrying it Somewhere

Jaw. Gut. Hands. Chest. Shoulders. The sole of your right foot.

There's a part of you that's been braced all day, and you don't remember bracing it. It didn't arrive in one big moment, just kept accumulating and you forgot to put it down.

Take Action

Don't do all three. Do the one that you just identified felt the most real, right now.

1. If it's in your shoulders

Shrug your shoulders all the way up toward your ears. Squeeze them tight, take a deep inhale, and hold for one full breath. Exhale through your mouth, and let your shoulders release an inch farther than feels natural. Hold there for a breath, then allow everything to relax.

Why it helps:

Contracting muscles can help them relax more fully. A tense-and-release process gives the body a clear signal and permission to let go of lingering tension.

2. If it's in your mind

Sit down and close your eyes. Notice 3 things you can hear, then notice 2 things touching your skin, and finally, take 1 slow inhale and exhale through your nose.

Why it helps:

It's hard to think your way out of a racing mind. But you can bring your attention out of the story and back into your senses, allowing your body to finally begin to settle.

3. If it's somewhere deeper (or in multiple places)

Place one hand flat on your chest, just above your heart. Press gently. Take a deep inhale, and then a long, slow exhale. As the exhale leaves your body, see if the tightest place – whatever place you identified during the last step – softens even the tiniest bit. If not, repeat.

Why it helps:

A longer exhale is one of the fastest ways to activate the parasympathetic nervous system (the one responsible for "rest and digest"). It works even when you don't feel calm yet.

How do you feel?

If that didn't fix everything, good.

It wasn't supposed to.

One page and one breath does not undo a long day, a long season, or a long habit of carrying too much.

And! You are not "bad at this" or "bad at relaxing." The tension you carry without even realizing it is what happens when nothing in your day is built to help you put it all down.

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Because you're awesome and actually read all the way to the end, I have a surprise for you.

This was the fast version. The hallway version. The stoplight version. The version for when you're hiding in the bathroom, have one minute for yourself, and need a little more space.

When you have a few more minutes and somewhere to lie down, that's when you can access a deeper reset.

MY GIFT TO YOU

An 18-minute Yoga Nidra recording

Designed to do the same thing you just did – except slower, deeper, and for your whole nervous system instead of just that one place you were holding tension.

[Access the Yoga Nidra Recording](#)