

Stressed?

MCA
KANSAS CITY

MECHANICAL
CONTRACTORS
ASSOCIATION

Let It Go. Release
tension one
muscle at a time.

A Micro Moment

Pause. Breathe. Try This.

Tension Release

1. Tense your shoulders for 5 seconds. Release.
2. Now your hands.
3. Then your jaw.
4. Let your body feel the difference.
5. Stress leaves one muscle at a time.