

Jaw Self-Traction



1. Sit comfortably in a chair, leaning back.
2. Start with your hands in this position.
3. Gently compress your jaw inward.
4. Traction your jaw downwards, without sliding on the skin.
5. Allow the jaw to release on its own, without force.
6. The more sounds you make, the more your body will release.
7. Hold for at least 5 minutes.
8. Give yourself permission to express any emotion that comes up.