Gentle muscle adjustment

Purpose and choice: ease one unnecessary grip or make one ordinary comfortable adjustment. Choose another route if movement, touch or body attention is painful, tiring, distressing or contrary to care advice.

Steps

1. Choose one adjustment already obvious to you. Do not scan your whole body for tension.
2. If comfortable, ease an unnecessary grip or let a hand rest on familiar support.
3. Finish after that one adjustment and return to your task or rest. Leave your breathing alone.

Starting amount: one adjustment only, with no required repetitions or holding time. Do not tense first, press against a surface, stretch, roll the neck or force a joint into position.

Adaptation: you can put down an object you no longer need to hold, if manageable. If any body task is unwelcome, a sensory-demand change, accessible external focus or no practice is a genuine non-breath alternative. No new movement is required.

Stop: end the adjustment for pain, dizziness, strain, distress or preference. Do not push further to obtain a release. Repeated discomfort is a reason to seek advice rather than repeat modifications.

Help: call your local emergency service for severe breathing difficulty; a tight or heavy chest; sudden chest pain that persists, spreads to an arm, back, neck, jaw or stomach, or comes with sweating, nausea, light-headedness or breathlessness; unusually pale, blue or grey lips or skin; sudden confusion; or sudden facial drooping, arm weakness or speech difficulty, even if these stroke signs stop. Do not drive yourself or delay help for this card. These are examples, not a complete list. [13 to 15]

Sudden, unexpected breathing difficulty needs immediate medical help. Other new or worsening breathlessness needs urgent medical advice. Do not assume the practice explains symptoms. [13, 22]

If you cannot keep yourself safe, seek emergency help now. Chapter 10 gives fuller support guidance.

Check: was the adjustment comfortable enough and useful for its purpose? Include noticeable later effects if relevant. An unchanged immediate result does not establish safety or require repetition.

Keep if comfortable enough and useful. **Adapt** one detail only if wanted after ending the trial. **Pause** when uncertain, uninterested or out of capacity. **Stop** for discomfort, worsening or preference, with no obligation to retry.

Evidence and limits: this is not progressive muscle relaxation or a rehabilitation programme. Evidence for those interventions cannot validate this one-adjustment version. Chapter 5 explains the family; Appendix G lists support guidance.