



What is it?

- Releasing tension in the roof of the mouth by yawning, humming, or saying the “r” sound gently

Why does it work?

- The soft palate connects to the vagus nerve; relaxing it can activate the parasympathetic nervous system, helping you calm down.

Did you notice any shift in mood or tension after yawning or humming?	How often do you check in with your mouth or jaw for tension?