



UNIVERSITY OF
SOUTH DAKOTA
SANFORD SCHOOL OF MEDICINE

Differential Relaxation

These techniques are simple to do. You can easily accomplish them before entering the testing area or while [sitting at your desk](#) before and during the exam.

Sit up straight in your chair.

Place both feet on the floor, making sure they are flat.

Grasp the bottom sides of your chair with your hands.

At the same time, use your hands to pull up on the chair and push your feet firmly down onto the floor.

Hold this position while counting slowly to five (approximately five seconds).

Release the tension in your hands and feet and let your body relax while counting slowly to five.

Repeat the process several times before the test begins.