

Sit or stand upright with your shoulders relaxed.
Slowly turn your head slightly away from the side you want to stretch.



Gently tilt your head backward and slightly toward the opposite side until you feel a stretch along the front and side of your neck.

Keep your jaw relaxed and avoid clenching your teeth.
Hold for 15–30 seconds, then slowly return to the starting position.



Sit or stand tall with your back straight and your shoulders relaxed. Keep your head level and look straight ahead.



Pull your chin straight back to create a "double chin" without tilting your head up or down. Hold the position for 3 to 5 seconds. Release gently back to the starting position.



Use a small, slightly squishy ball, like a tennis ball or a Yoga Tune-up ball.

You can rest your head on a pillow or a block if lying down.

Find your masseter muscle on the side of your jaw by clenching your teeth and feeling for the thick area that bulges near your lower jawline.

Place the ball directly onto the meaty part of the masseter muscle.

Apply very light pressure—aiming for a comfortable level of about 3 or 4 out of 10.

While maintaining gentle pressure on a tender spot, slowly open and close your mouth 10 to 15 times.

You can also make a small side-to-side motion with your jaw.

Spend 1 to 2 minutes on the tight side, then repeat the process on the other side of your face. Stop immediately if you feel sharp pain



Position your tongue: Place the tip of your tongue gently on the roof of your mouth, right behind your front teeth, without pushing hard.

Open your mouth: Keep your tongue pressed against the roof of your mouth as you slowly open your jaw as wide as is comfortable.

Hold the position: Keep your mouth open and your tongue in place for 3 to 5 seconds.

Close slowly: Slowly close your mouth back to the starting position.

