

Relaxing jaw

Posted by Larry Bird - 01 Nov 2022 18:07

Something I'm trying out.. every time I get stressed I loosen my jaw. Jaw clenches with stress.. so it really helps to relax your jaw when your stressed. Let me know if this helps you too!

=====
=====

Re: Relaxing jaw

Posted by Ybird - 01 Nov 2022 19:13

Hi Larry Bird

are we cousins?

it works for me too, exercising my jaws releases stress, but for me it only works with some pastries or cheese Danishes between the jaws

Warning: Spoiler!

=====

=====