

Relax and your handwriting will improve

There is tension in all our lives, at home and at school. When the stress gets really bad, this will show in your writing. Then you may be criticised for bad writing or untidiness. You may grip your pen so hard that it hurts you to write. You may be pressing too hard on the paper so that your letters go through several sheets. Your hand can look quite relaxed, but tension can be stiffening your arm or shoulder. The way you sit can make your muscles tense, or tension itself can make you sit awkwardly. You may sometimes be so worried, angry or frustrated that neither your thoughts nor your writing can flow freely. It is all connected.

You cannot get rid of all the worry and tension in your life, but you can learn to relax when writing.

- 1 Sit with your back straight. Relax your hand and arm.
- 2 Uncross your legs. Relax your hunched shoulders.
- 3 Shake your hand until it feels floppy. Take a couple of deep breaths.



Stiff neck and shoulders are the result if you sit badly. These three all need to move the paper – left-handers to their left, right-handers to the right, to relax.