
The Jaw Reset

A 2-MINUTE JAW
TENSION RELEASE GUIDE

*For the face that's been
holding more than you
realize.*



Your jaw may be holding more tension than you realize.

Stress doesn't always disappear when the stressful moment is over. Sometimes the nervous system keeps repeating the physical pattern it learned under stress.

STRESS



NERVOUS SYSTEM ACTIVATION



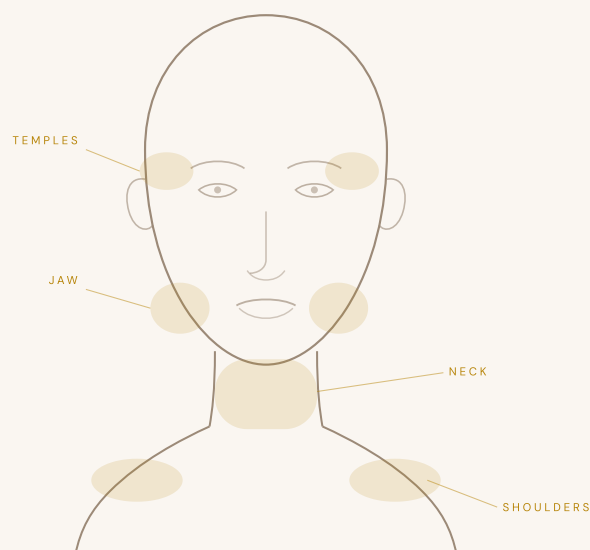
CLENCHING / BRACING



REPEATED MUSCLE TENSION



TENSION FEELS NORMAL



COMMON HOLDING AREAS

Over time that pattern can become so familiar that tension starts to feel like your baseline.

A NOTE ON LANGUAGE

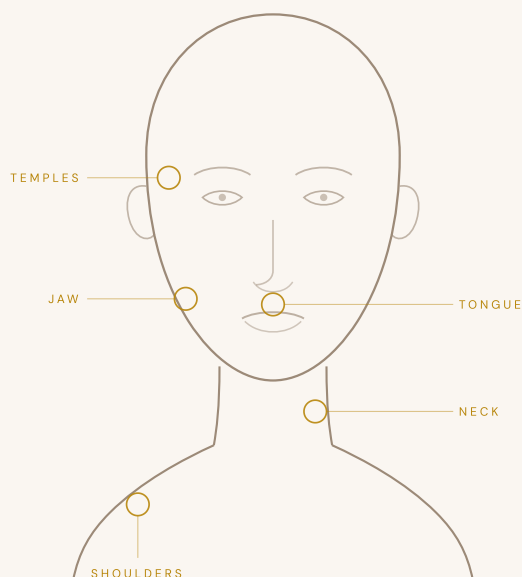
We often say “stored stress” or “stored trauma” as shorthand. Emotions are not literally kept inside a muscle or in fascia. What stress can influence is muscle tone, breathing, posture, pain perception and habitual movement patterns. That is what this guide works with.

The goal isn't to force your jaw to relax. It's to notice the pattern, and give your nervous system a different experience.

Is your jaw actually resting?

Before changing anything, notice what your body is already doing.

- ☐ Are your upper and lower teeth touching?
- ☐ Do you catch yourself clenching while working, driving or scrolling?
- ☐ Do you wake up with jaw tightness?
- ☐ Do you get headaches around your temples?
- ☐ Does one side feel tighter than the other?
- ☐ Does your jaw click, ache or feel stiff?
- ☐ Do you hold tension in your tongue?
- ☐ Do your neck and shoulders tighten along with your jaw?



Checked several boxes? Your jaw may be spending more time “on” than fully at rest.

TENSE RESTING POSITION



Teeth touching
Jaw compressed
Tongue pressing
Shoulders lifted

RELAXED RESTING POSITION



Teeth separated
Jaw soft
Tongue relaxed
Shoulders dropped

AT REST

Your lips can gently touch. Your teeth generally should not be clenched together.

OI Reset your resting position



LIPS GENTLY TOUCH



TEETH SEPARATE



TONGUE SOFTENS



SHOULDERS DROP



REPEAT THREE TIMES

Then breathe.

A longer, slower exhale helps create a calmer breathing pattern, and gives you a moment to consciously reduce unnecessary muscle guarding.

Don't force your jaw open.

SOFTEN, NOT STRETCH

WHEN TO USE THIS

Any time you catch it

The moment you notice your teeth touching.

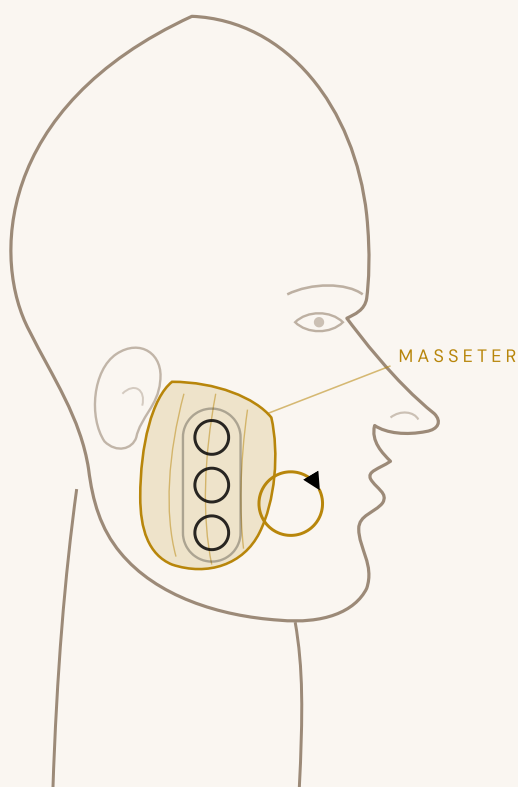
Mid-afternoon

At your desk, when concentration peaks.

Before bed

So the pattern doesn't follow you into sleep.

02 Release your jaw muscle



THE THICK MUSCLE AT THE SIDE OF THE JAW

Place two or three fingertips along the thick muscle at the side of your jaw. Clench once so you can feel it activate. Then completely relax.

Using comfortable pressure, make slow circles over the muscle for 30 to 60 seconds. Then repeat on the other side.

IF YOU FIND A TENDER SPOT

Pause. Reduce the pressure. Take a slow exhale. Then continue.

NOTICE AS YOU GO

Does one side feel denser?

More tender? Larger?

Harder to relax?

Pressure should feel comfortable, never sharp or painful.

Clench

Feel it activate



Find

Locate the thickest point



Relax

Let it go completely



Massage

Slow circles, 30–60s

03 Release the temples

Place your fingertips over your temples. Slowly open and close your jaw. You may feel the temporalis muscle moving underneath your fingers.

Massage gently for 30 seconds, keeping your teeth separated the whole time.

THEN CHECK AGAIN

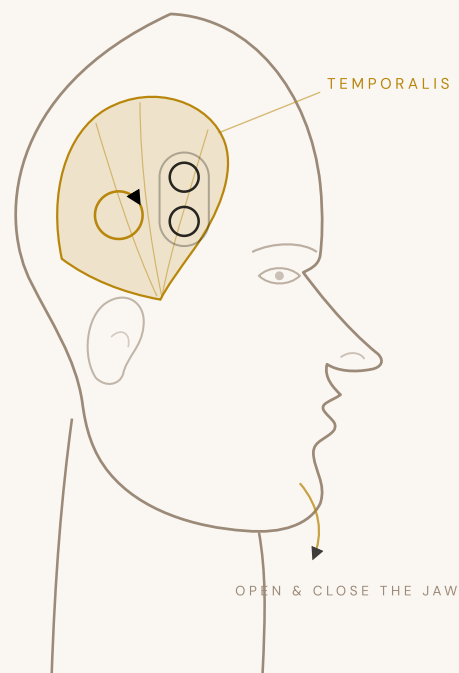
Does my jaw feel softer?

Does my mouth open more comfortably?

Does one side feel different?

Did my shoulders drop?

Did my breathing change?



BEFORE

Tight
Clenched
Guarded



AFTER

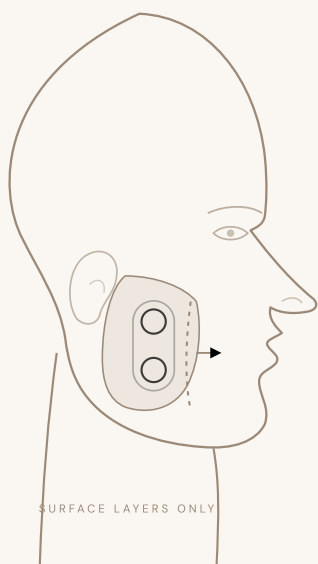
Softer
More mobile
More aware

Even a small change tells you something.
Your face may have been holding tension without you noticing.

What if you can't reach the tension from the outside?

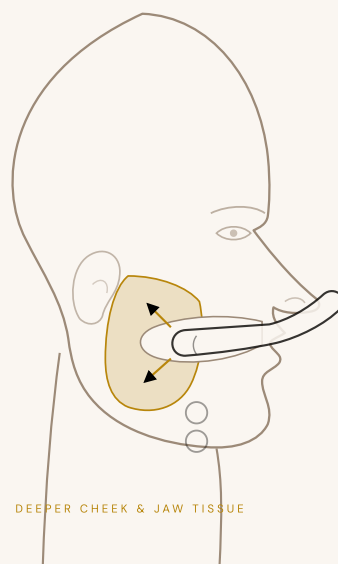
Some of the muscles and soft tissues involved in jaw and facial tension are difficult to approach effectively from the outside alone. That is one reason trained practitioners use intraoral, or buccal, techniques. Working from inside the mouth lets us approach the jaw, cheek and surrounding tissues from a completely different angle.

EXTERNAL ACCESS



SURFACE LAYERS ONLY

INTRAORAL ACCESS



DEEPER CHEEK & JAW TISSUE

WHAT THIS IS, AND ISN'T

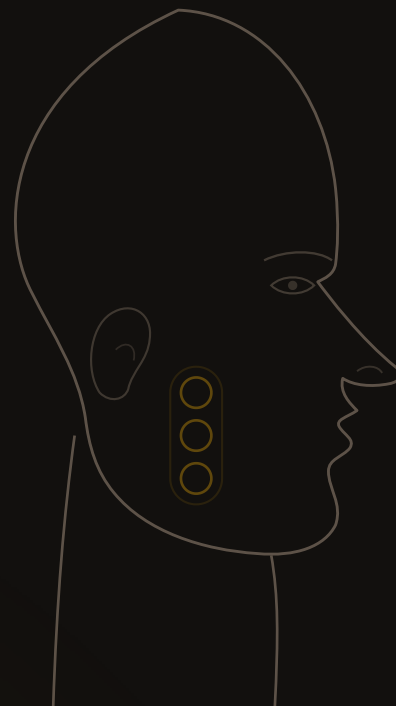
This does not mean we are physically removing trauma from a muscle. The work is with muscle tone, tissue mobility, sensory input, facial movement patterns, and areas of chronic guarding or overactivity.

Sometimes the face doesn't need more force.
It needs permission to stop bracing.

Your skincare routine
may last ten minutes.

Your facial habits
happen the other
twenty-three hours.

Your face is not just skin. It is constantly moving, expressing, responding and adapting to your life. If your jaw tension feels chronic, deep or hard to release on your own, professional facial and intraoral work may help you understand the patterns your face has been holding.



Notice



Reset



Release



Reassess

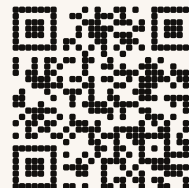
EXPERIENCE DEEPER FACIAL RELEASE

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Austin, Texas



SCAN TO BOOK

This guide is for general wellness and educational purposes only. It is not intended to diagnose or treat TMJ disorders, dental conditions, chronic pain or other medical conditions. If you experience persistent jaw pain, locking, significant clicking, difficulty opening your mouth, dental problems or worsening symptoms, please consult an appropriate licensed medical or dental professional.