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Progressive muscle relaxation can reduce tension throughout your body. Relax muscles by doing the following –

1. Sit or lie down while wearing comfortable clothing.
2. Loosen the muscles in your face by frowning for 5 to 10 seconds, then relax the muscles.
3. Scrunch your face or eyebrows for 5 to 10 seconds, then relax your facial muscles.
4. Stretch your jaw muscles by moving your jaw slowly from side to side.
5. Continue tensing and releasing other muscle groups (hands, arms, feet, legs, abdomen, back, etc.) for complete relaxation.



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Visualization uses imagination to help reduce stress. Envision yourself stress-free with these techniques –

1. Sit or lie down while wearing comfortable clothing.
2. Picture yourself in a peaceful place, like a meadow, beach or forest.
3. Focus on this place and its surroundings for a few minutes.



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Meditation clears your mind by focusing on a single object or word. Feel calm and refreshed by using the following steps –

1. Sit or lie down in a relaxing position while wearing comfortable clothing.
2. Play relaxing music or white noise to help eliminate distractions.
3. Picture an object or word. Shut your eyes and begin to focus on this item.
4. While focusing on your object / word, push other thoughts from your mind. Acknowledge the thought and let it float out of your mind.
5. The more you concentrate on the target, the more relaxed you will feel.



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Deep breathing can relieve tension. Here's how –

1. Relax your stomach.
2. Place one hand on your stomach below your rib cage.
3. Breathe in slowly through your nose and allow your stomach to rise.
4. Slowly exhale through your mouth, emptying your lungs completely. Allow your stomach to fall during the exhalation.
5. Repeat these actions until you feel relaxed and calm.