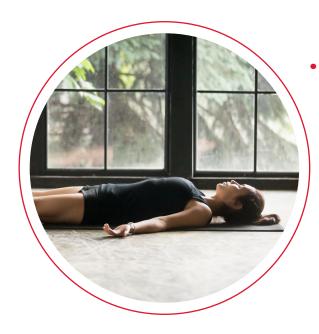


RELAXATION TECHNIQUES



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.



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.





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.
- 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.



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.