

STEP 1:

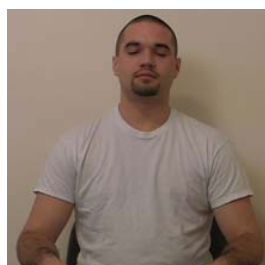
Let's do muscle relaxation exercises.



Sit in a
comfortable chair.

STEP 2:

Close your eyes and focus your mind on your breathing.

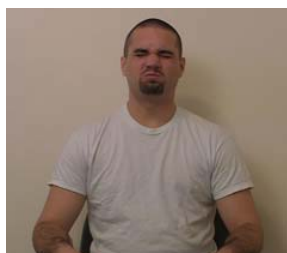


Pay attention to your
breath as it comes in
(inhale) and goes out
(exhale).

Don't force or control
your breathing. Just
breathe naturally.

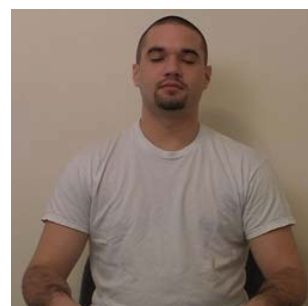
STEP 3:

Scrunch your face and hold it for 10 seconds.



1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

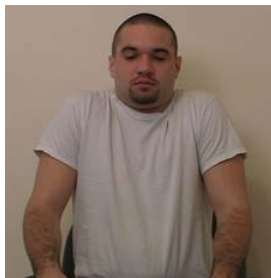
STEP 4:



Relax your face.

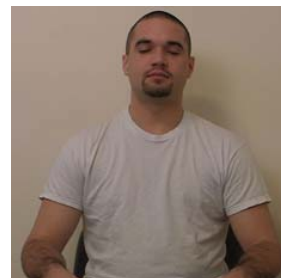
STEP 5:

Pull your shoulders up, hold it for 10 seconds.



1... 2... 3... 4... 5...

STEP 6:



STEP 7:

Hold your right arm out.



STEP 8:

Make a fist.

Tighten your fist and hold it for 10 seconds.



1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 9:

Relax your fist and arm.



STEP 10:

Hold your left arm out.



STEP 11:

Make a fist.

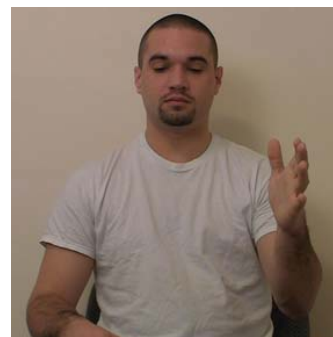
Tighten your fist and hold it for 10 seconds.



1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 12:

Relax your fist and arm.



STEP 13:



Hold your right foot out.

STEP 14:

Tighten your leg muscles and hold for 10 seconds.



1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 15:



Relax your right leg.

STEP 16:



Hold your left foot out.

STEP 17:

Tighten your leg muscles and hold for 10 seconds.



1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 18:



Relax your left leg.

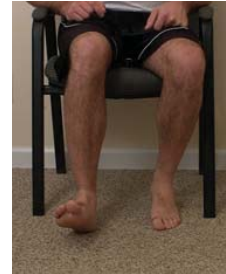
STEP 19:



Flex your right
foot upwards.

STEP 20:

Squeeze and hold it for 10 seconds.



1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 21:



Relax your right foot.

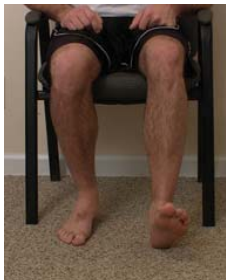
STEP 22:



Flex your left
foot upwards.

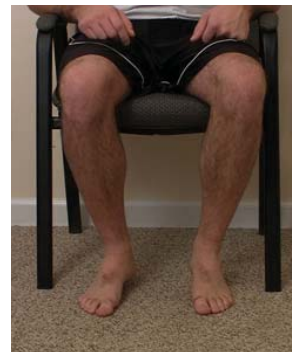
STEP 23:

Squeeze and hold it for 10 seconds.



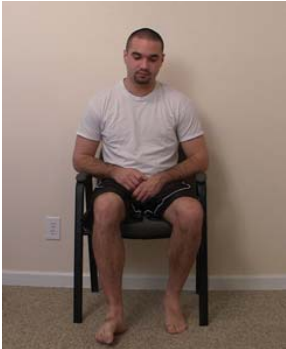
1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 24:



Relax your left foot.

STEP 25:



Squeeze all of
the toes on
your right foot.

STEP 26:

Hold it for 10 seconds.



1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 27:



Relax those toes.

STEP 28:



Squeeze all of
the toes on
your left foot.

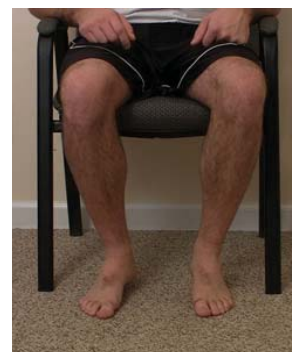
STEP 29:

Hold it for 10 seconds.



1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 30:

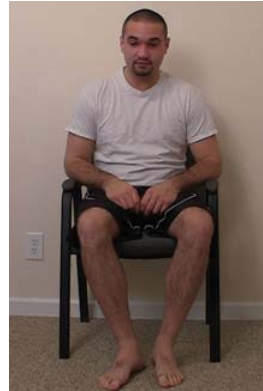


Relax those toes.

STEP 31:

Tighten your entire body including all of your muscle groups: Face, shoulders, hands, legs, feet, and toes. Hold for 10 seconds.

1... 2... 3... 4... 5...
6... 7... 8... 9... 10...

STEP 32:

Relax your entire body.

You have finished your muscle relaxation exercises.