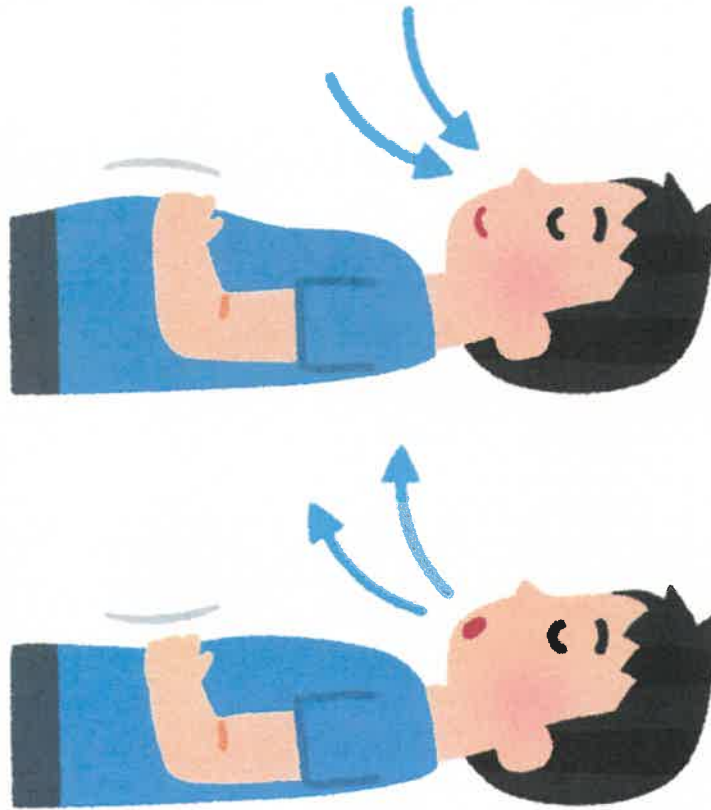


ALPHABET LEGS



slowly trace the letters of the
alphabet on your leg...

BELLY BREATHING



1. Lie down or sit comfortably. Put one hand on your chest and the other on your tummy.
2. Take a slow breath in through your nose, feeling your tummy rise.
3. Breathe out slowly, letting your tummy fall.
4. Repeat between 4-8 times. Make sure your shoulders, head, and neck stay relaxed.

PROGRESSIVE MUSCLE RELAXATION (PMR)



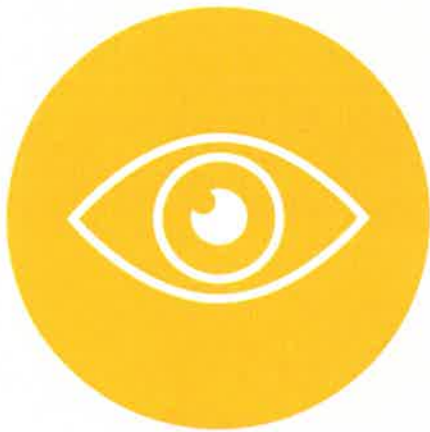
Tense up particular muscles for 5
seconds and then relax them...

BREATHING WALTZ



Breathe in through your nose for 3 and
breathe out through your mouth for 3
and a bit...

MIND WALKING



Notice 5 things you can see, hear and touch
Notice 4 things you can see, hear and touch
Then 3 things
Then 2 things
Then 1 thing...