

Progressive Muscle Relaxation



PRETEND YOU ARE
AT THE BEACH,
AND SQUISH YOUR
TOES IN THE SAND.
10 SECONDS.
NOW RELAX!



PRESS YOUR FEET
INTO THE GROUND
AS HARD AS YOU
CAN.
10 SECONDS.
NOW RELAX!



MAKE YOUR LEGS
AS STRAIGHT AS
YOU CAN.
10 SECONDS.
NOW RELAX!



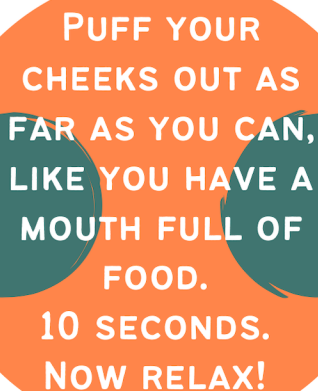
MAKE YOUR ARMS
AS STRAIGHT AND
STIFF AS
POSSIBLE.
10 SECONDS.
NOW RELAX!




TRY AND TOUCH
YOUR SHOULDER
BLADES TOGETHER.
10 SECONDS.
NOW RELAX!



SQUEEZE YOUR
HANDS AS IF YOU
ARE SQUEEZING
EVERY DROP OUT
OF A LEMON.
10 SECONDS.
NOW RELAX!



PUFF YOUR
CHEEKS OUT AS
FAR AS YOU CAN,
LIKE YOU HAVE A
MOUTH FULL OF
FOOD.
10 SECONDS.
NOW RELAX!



SCRUNCH UP YOUR
FOREHEAD LIKE
YOU ARE THINKING
REALLY HARD.
10 SECONDS.
NOW RELAX!



SQUEEZE YOUR
EYES LIKE YOU ARE
MAKING A WISH.
10 SECONDS.
NOW RELAX!