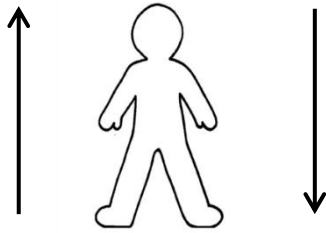
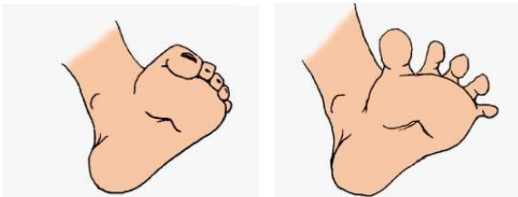




Progressive Muscle Relaxation



To make it easier to remember, start with your feet and move up (or if you prefer, you can go from your forehead down to your feet).



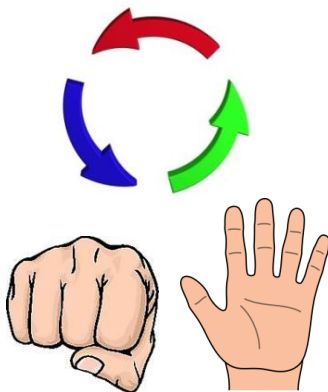
Foot (curl your toes downward and then release)



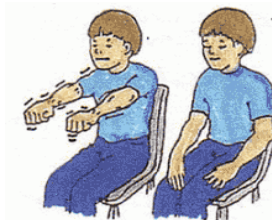
Lower leg and foot (tighten your calf muscle by pulling toes towards you then release)

Entire leg (squeeze thigh muscles while doing above)

(Repeat on other side of body)



Hand (clench your fist and then release)



Entire right arm (tighten your biceps by drawing your forearm up towards your shoulder and "make a muscle", while clenching fist)

(Repeat on other side of body)





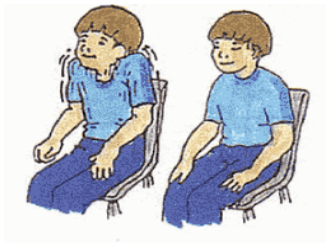
Buttocks (tighten by pulling your buttocks together)



Stomach (suck your stomach in and let it out)



Chest (tighten by taking a deep breath)



Neck and shoulders (raise your shoulders up to touch your ears)



Mouth (open your mouth wide enough to stretch the hinges of your jaw)



Eyes (clench your eyelids tightly shut)



Forehead (raise your eyebrows as far as you can)

Stand up and shake everything out to relax your muscles