

DEEP BREATHING EXERCISE



Place one hand on your upper chest and the other just above your belly button



Take a deep breath slowly through your nose for 5 counts, feel your stomach rise



Breathe out slowly for 5 counts, breathe out fully



Repeat until you feel relaxed

PROGRESSIVE MUSCLE RELAXATION



Sit comfortably on a chair



Scrunch up your face for 5 seconds, then relax it



Raise your shoulders up to touch your ears for 5 seconds, then relax them



Clench your fists and tighten your arms for 5 seconds, then relax them



Take a deep breath and suck your stomach in for 5 seconds, then relax



Raise your legs and curl your toes for 5 seconds, then relax them



Breathe in slowly through your nose and breathe out slowly