



Progressive Muscle Relaxation

An exercise that reduces tension and anxiousness in your body by having you slowly tense and then release a muscle group while sitting or lying.

Start by- Breathing in while tightening a muscle group (such as your hands) for 5-10 seconds
Then breathe out and release the tension in your hands for 10-20 seconds



Visual Imagery

An exercise that reduces tension and anxiousness in your body by having you imagine a calm and relaxing place while sitting or lying

While sitting or laying quietly, imagine your favorite place to go to, such as Disneyland, the beach or the mountains.
Think about the sights you see, the sounds you hear and the smells you smell during this daydream state.

