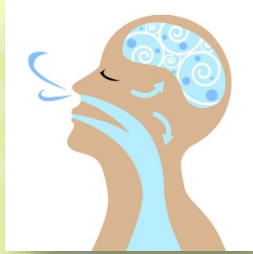


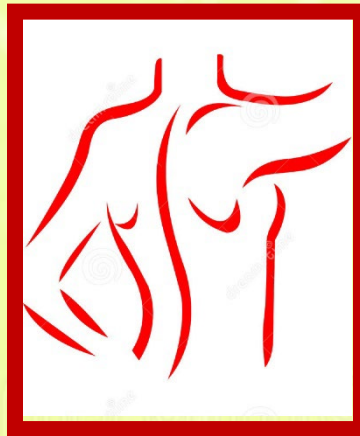
Relaxation Techniques to Reduce Stress

Breathe in, Belly Out



- Put one hand on your chest and the other on your belly.
- Inhale deeply through your nose and count to 4, making sure your belly is expanding not your chest.
- Exhale to the count of 4.
- Continue this cycle at least 10 times.
- Feel the stress leave your body and calm your mind.

Release and Tense Muscle Relaxation



1. Starting at the feet, gently squeeze the muscles in your feet, by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles or 5 seconds, then gently release.
3. Continue moving up the body for more relaxation.

Yoga Poses



Triangle Breathing

- Sit tall with a straight spine or lay on your back
- Inhale through nose for a count of 4
- Hold at the top of the inhale for a count of 4
- Exhale through your nose for a count of 4
- Repeat until you feel your anxiety decreasing.

