



## Deep Breathing Exercise

- Find a comfortable quiet spot.
- You can sit or lie down. Close your eyes.
- Take a deep slow cleansing breath in and out.
- Now focus on breathing in normal regular breaths.
- Let your breathing come from your diaphragm. Lay your hands on your stomach and feel it rise and fall to the rhythm of your breathing.
- When you start to feel relaxed, focus only on your breathing. Let all the thoughts that come to you go out with the breath you exhale.
- Do this for 5-10 minutes 3-4 times each day.

## Progressive Muscle Relaxation

- Find a comfortable quiet spot.
- You can lie down or sit. You are going to tense and then relax all the muscle groups in your body, one at a time.
- Start with your right fist. Tense it up tightly for a few moments then relax. Feel how this feels when your muscles are tense and when they are relaxed.
- Continue to work your way up your arm focusing on tensing and relaxing. Move on to your neck, your face, and down your left arm tensing and relaxing.
- Then down to your toes, your calf muscles, thighs, buttocks, stomach and chest.
- Finally, feel the relaxation through your whole body. Feel the relaxation deeper and heavier.