

Take Action Against Stress

Progressive Muscle Relaxation



- Sit in a comfortable chair, feet flat, hands resting on your legs, or rest on a bed. Tense each muscle group for at least 7 seconds and rest about 20 seconds between contractions. Inhale as you tense, exhale as you relax. Begin at your feet and move toward your head.
- Visualize a peaceful, calm place using all five senses.

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Breathing Exercises

- Sit or lie down and uncross your legs and arms. Take a deep breath. Then exhale as much air as you can.
- Breathe in and out again, this time relaxing your muscles while breathing out. Keep breathing and relaxing for 5 to 20 minutes at a time. Do the breathing exercises at least once a day.

