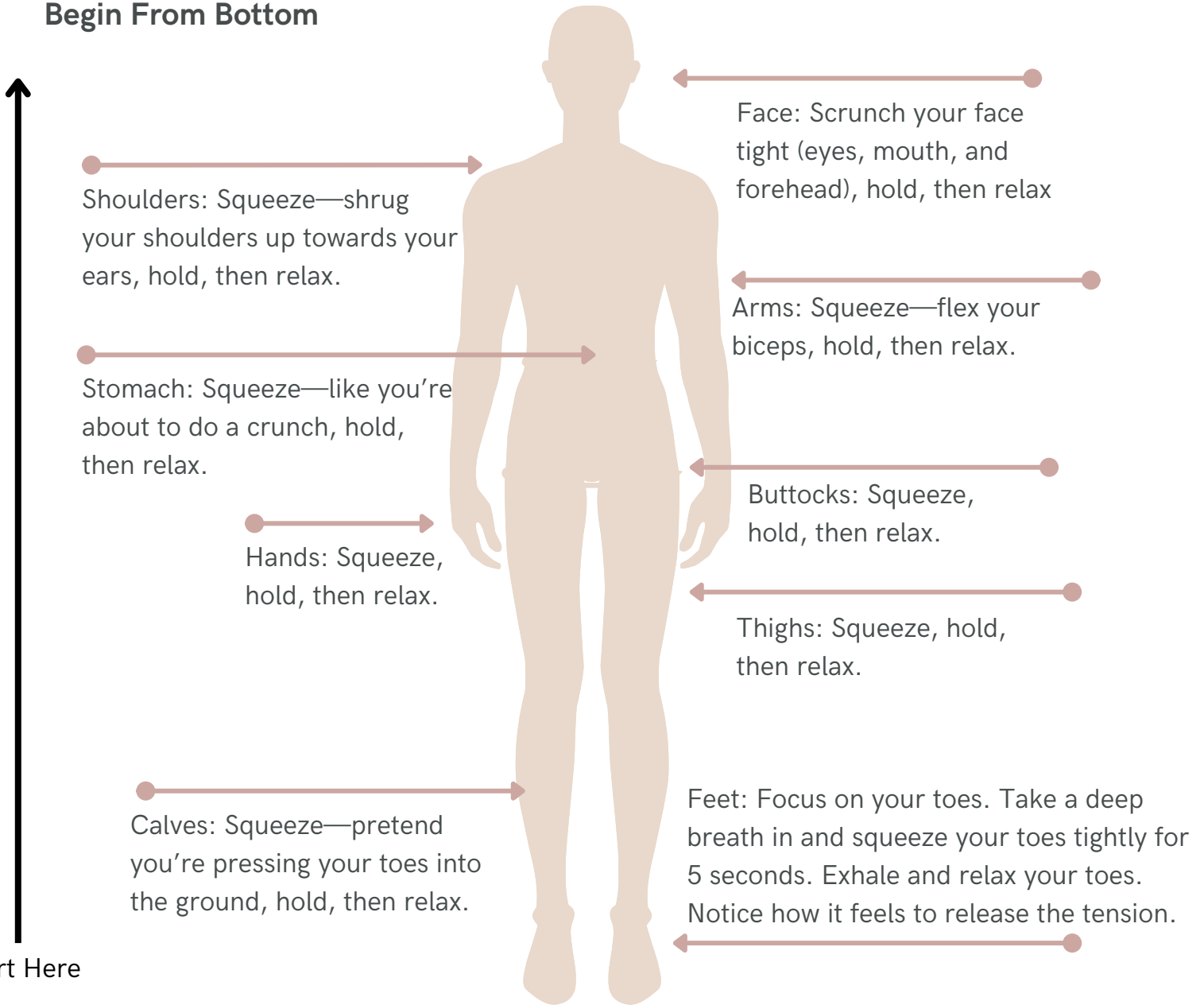


PROGRESSIVE MUSCLE RELAXATION

Get Comfortable: Sit or lie down in a comfortable and quiet place where you won't be disturbed. Close your eyes, take a few full breaths to relax. Start with your feet and gradually work your way up.

Begin From Bottom



FINAL STEP

After you've gone through your whole body, take a few moments to breathe normally. How did you feel before? How does each part of your body feel now?

