

PROGRESSIVE RELAXATION

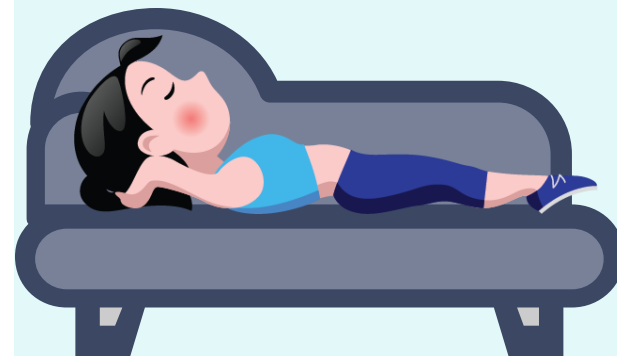
Anxiety and stress can make my body feel bad.



If I squeeze my muscles and then relax them, it can help me feel relaxed.



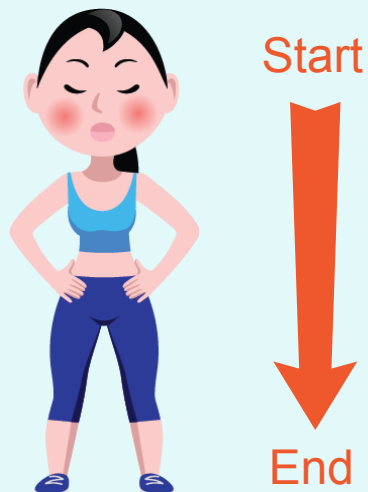
I should sit or lay in a quiet, comfortable place.



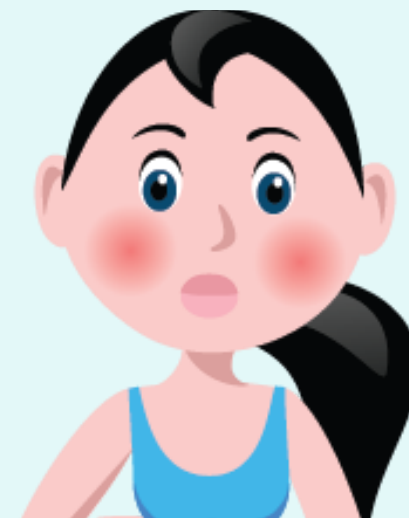
I should squeeze one area at a time and hold it for 5 seconds.



I can start at my head and go down my body to my feet.



I can raise my eyebrows high.

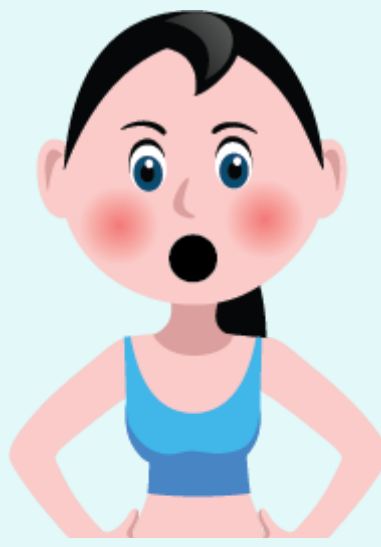


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I can squeeze my eyes tight shut.



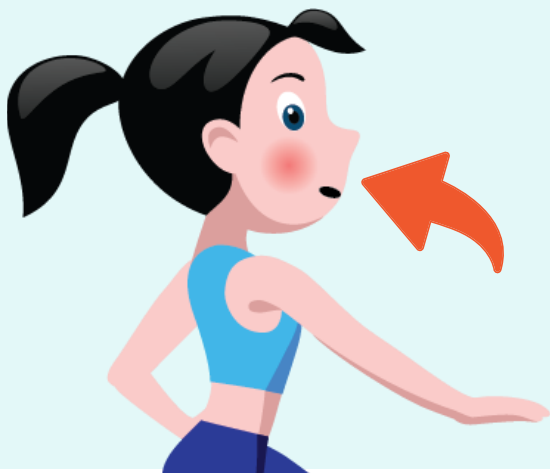
I open my mouth very wide.



I try to touch my shoulders to my ears.



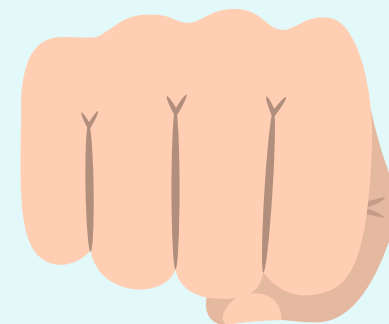
I can take a deep breath.



I can tighten my arms by "making a muscle."

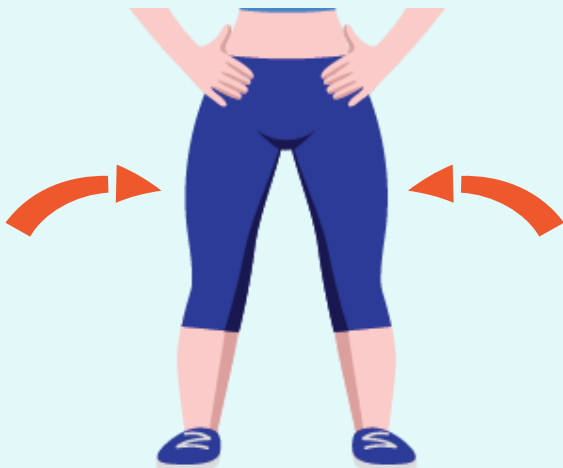


I can squeeze my hands into fists.



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I can squeeze my upper legs.



I can point my toes toward the sky.



I can curl my toes under.



I let all my body be soft and relaxed. I feel calm when my muscles are relaxed.

