## Deep Breathing

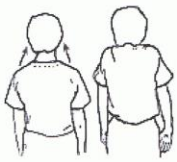
Take a slow deep breath in through my nose. Hold for 3 seconds.

Slowly blow the breath out through my mouth.

Repeat 3 times.

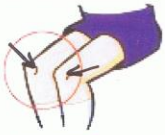
## Muscle Relaxation

Scrunch my shoulders up to my ears.
Hold it for 10 seconds. Relax. Repeat 3x.



Make a tight fist with my hand. Squeeze hard for 10 seconds. Relax. Repeat 3x.
Repeat with my other hand.

Press my knees together as hard as I can.
Hold it for 10 seconds. Relax. Repeat 3x.



knees