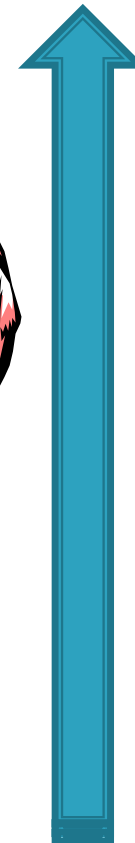
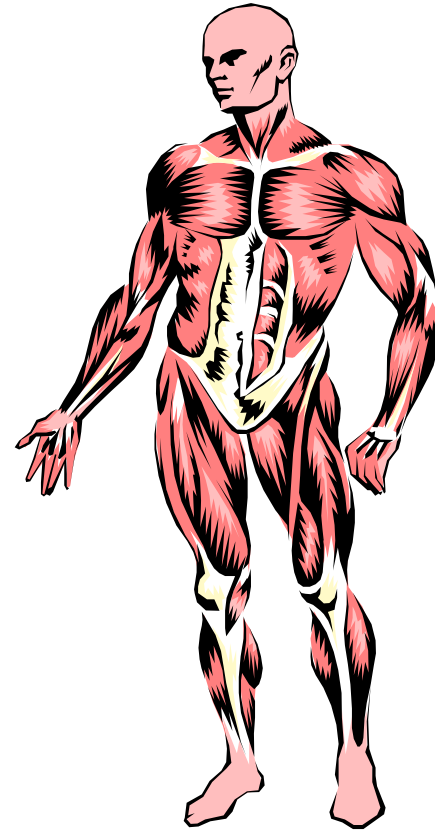


Progressive Muscle Relaxation

- ▶ Start with tensing the feet for 20 seconds and release
- ▶ Add calves and feet, then release
- ▶ Add thighs, calves and feet; then release
- ▶ Continue until entire body is tensed; then release and breathe deeply



END
Release
Tense
+
Release
Tense
+
Release
Tense
+
Release
Tense
+
Release
Tense
BEGIN