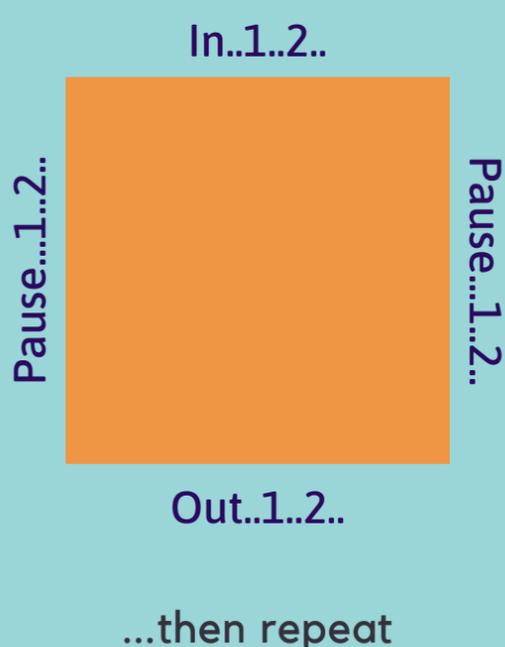


# RELAXATION EXERCISES

## Square breathing

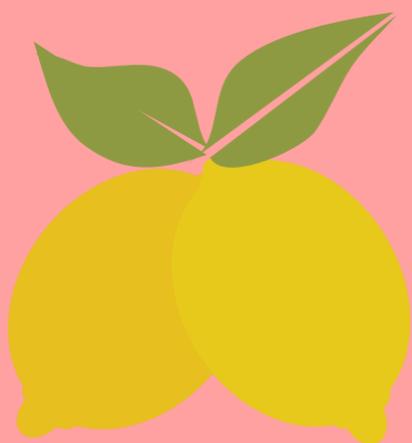


## Hide quick, tortoise!



- Pull your head into your neck
- Pull your shoulders up to your ears and push down your head further
- Hold in tight then release
- Repeat

## Make lemonade



- Feel the tightness in your hand and arm as you squeeze
- Drop the lemon and relax
- Repeat with other hand

## Five finger breathing



- Trace along your fingers inhaling as you move upwards and then exhaling as you move downwards.
- Repeat for each finger

## Bumblebee breathing



- Lightly place a finger in each ear
- Close your eyes
- Breathe in through your nose
- Hum softly as you breathe out

## Be a lazy cat



- Stretch your arms out in front of you
- Raise them high over your head
- Push them backwards and feel the pull in your shoulders
- Stretch higher
- Drop your arms by your sides
- Repeat

**IMPORTANT!**

Give them a go when you're feeling calm so you can use them effectively in times of stress