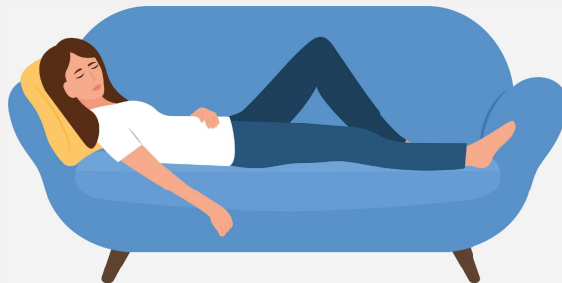


Progressive Relaxation

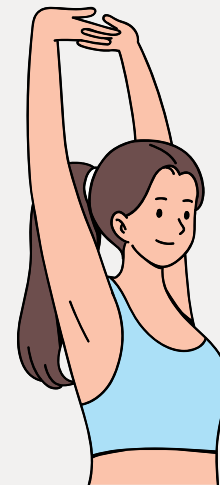
Anxiety and stress can make my body feel bad.



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



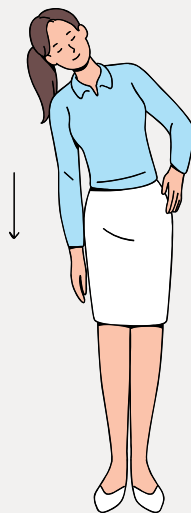
If I squeeze my muscles and then relax them, it can help me feel relaxed.



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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Progressive Relaxation

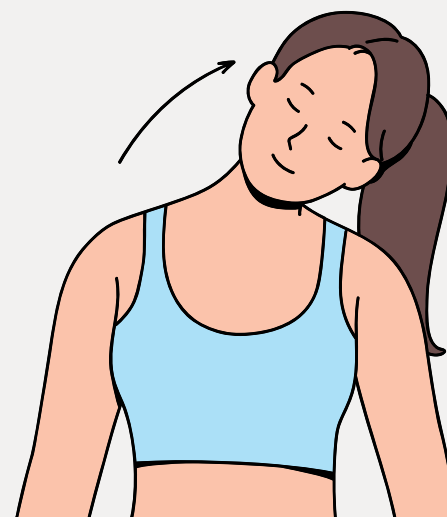
I can squeeze my eyes shut.



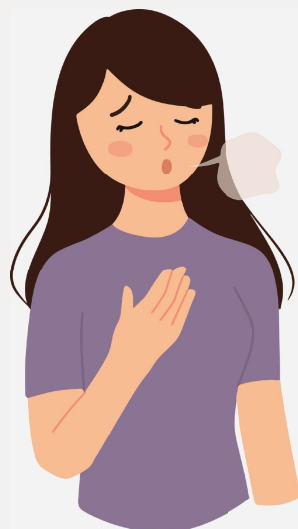
I can open my mouth very wide.



I can 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.

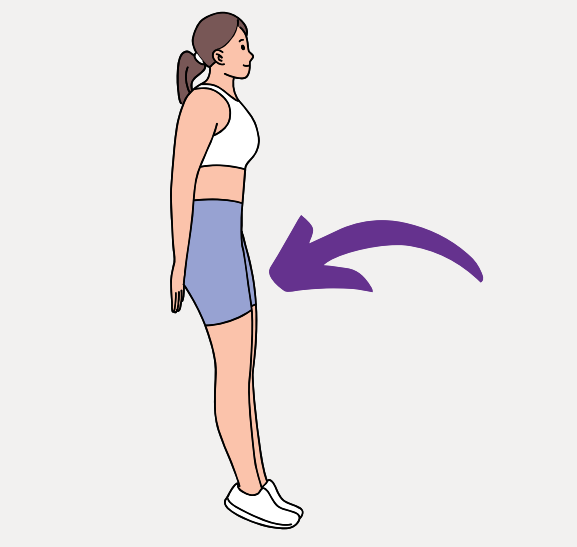


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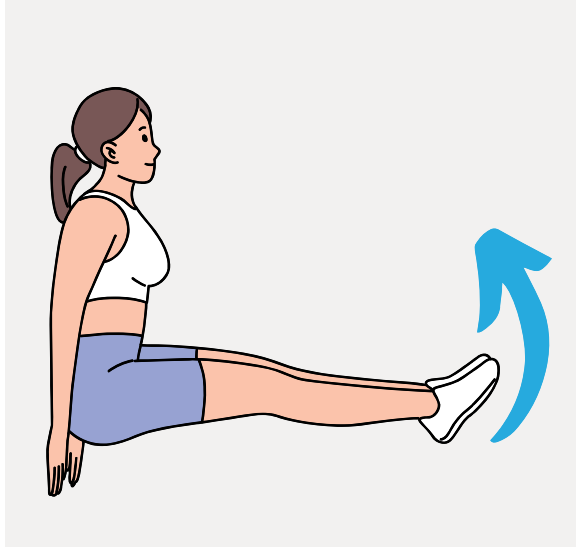
*The ASERT Collaborative is
funded by the Office of
Developmental Programs,
PA Department of Human Services*

Progressive Relaxation

I can squeeze my upper legs.



I can point my toes toward the sky.



I can curl my toes under.



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



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