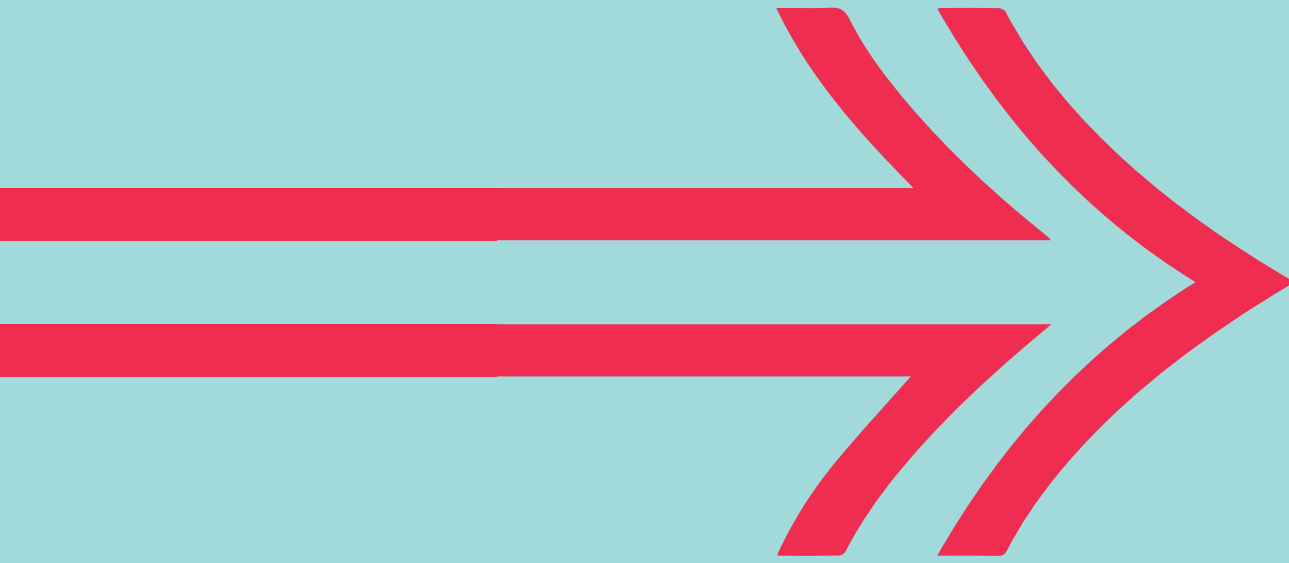


QA

**KEEP CALM
& RELAX**



RELAXATION TECHNIQUES

When a person is confronted with anxiety, their body undergoes several changes and enters a

state of fight or flight. This is a natural response to stress, but it can be overwhelming and debilitating. Unfortunately, these bodily responses do little to help a person feel relaxed and at ease.

Unluckily, these bodily responses do little

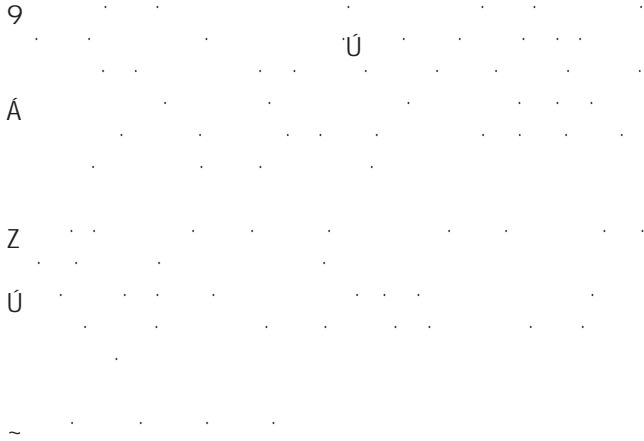
to help a person feel relaxed and at ease. However, there are several relaxation techniques that can help a person feel more in control and less stressed. One of the most effective techniques is deep breathing.

Deep breathing

Deep breathing is a simple technique that can be done anywhere, anytime. It involves taking a deep breath in through the nose, holding it for a few seconds, and then exhaling slowly through the mouth.

Deep breathing reverses that, and sends

Progressive music relaxation



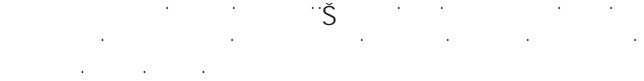
a. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.

b. Release the tension from your toes. Let them relax. Notice how your toes feel different after you release the tension.

c. Now tense the calf muscles. Hold for 5 seconds. Notice how the feeling of tension in your leg feels.

d. Release the tension and notice how the feeling of relaxation differs.

Follow this pattern of tensing and releasing





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