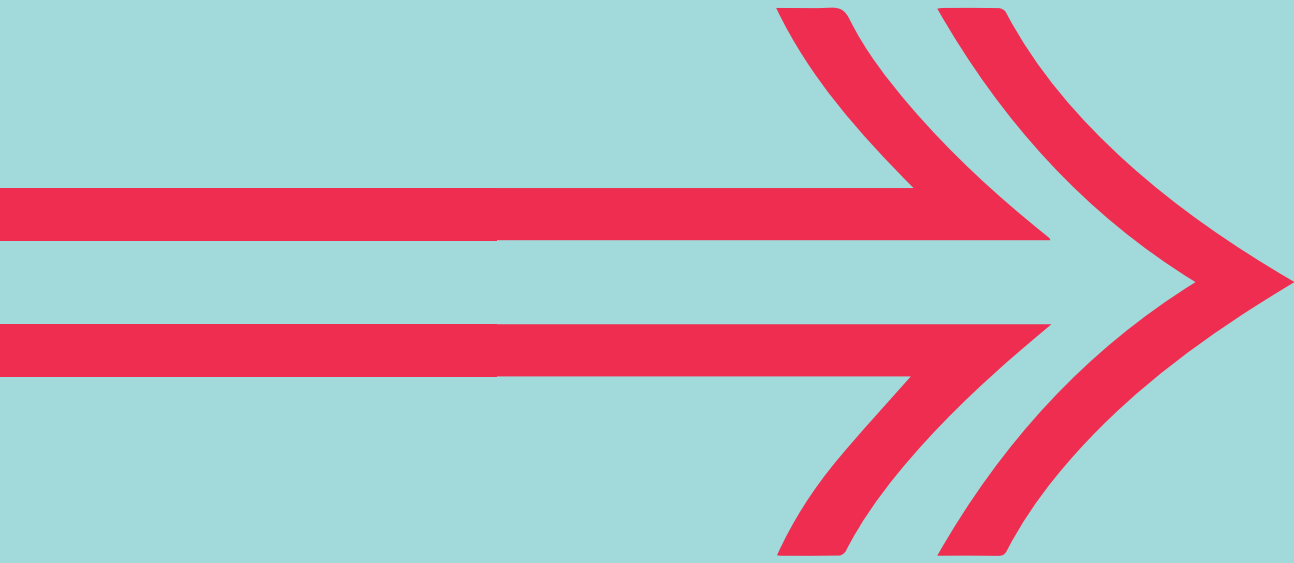


QA

**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.

Unfortunately, these bodily responses do little

to help a person feel relaxed.

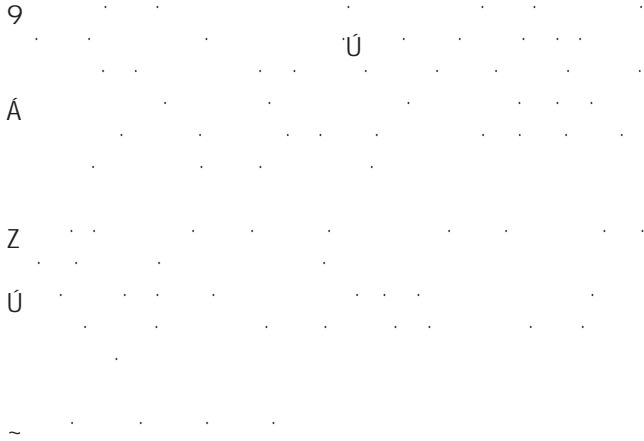
Deep breathing reverses that, and sends

Deep breathing

Deep breathing reverses that, and sends

Deep breathing reverses that, and sends

Progressive music relaxation



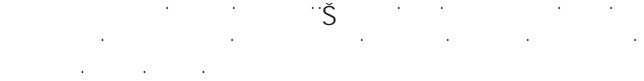
a. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.

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





GET IN TOUCH

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