

# Just Relax



## Body Breathing

1. Stand up.
2. Take a deep breath as if you are breathing through the bottoms of your feet.
3. Breathe up through your body.
4. Lift your hands and breathe out as if through your finger tips.
5. Breathe this way at least three times.

## Flex and Relax

1. Starting at the feet, flex your muscles for a few seconds.
2. Think about how it feels to flex the muscles.
3. Relax your feet muscles and think about how that feels.
4. Concentrate on the difference between flexing and relaxing.
5. Flex and relax your leg muscles, stomach muscles and so on, moving up the body to the head.

