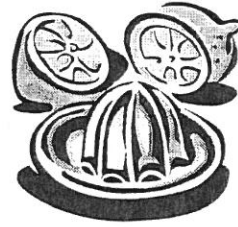


Progressive Muscle Relaxation (PMR) with Imagery

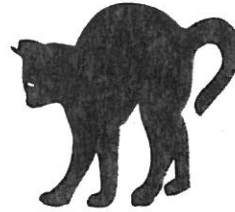
Hellen A. Lewis Streicher, Ph.D., LCP

Take a slow deep breath in and out.

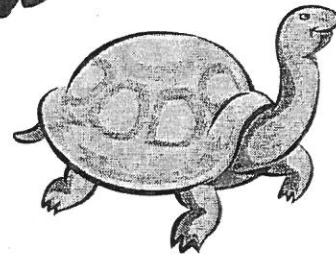
Squeeze lemons in your hand to make lemonade.
Hold it, then take a slow deep breath in and out.



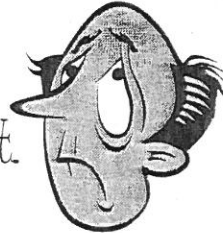
Stretch like a lazy cat.
Hold it, then take a slow deep breath in and out.



Pretend you're a turtle and pull your head into your shell.
Hold it, then take a slow deep breath in and out.



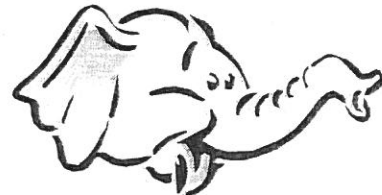
Make a frown face.
Hold it, then take a slow deep breath in and out.



Squinch your face and wiggle your nose to get a fly off your face.
Hold it, then take a slow deep breath in and out.



Pretend like a baby elephant is standing on your belly.
Hold it, then take a slow deep breath in and out.



Pretend like your squishing your toes into a deep mud puddle.
Hold it, take a slow deep breath in and out.

