

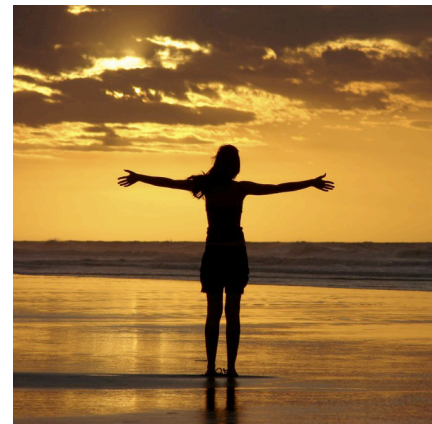
Activities 1, 2 and 3

Activity 1: Deep Breathing

While sitting up straight in your chair, think of a spot just below your belly button and close your eyes. Now, breathe into that spot and let your abdomen and then your lungs fill up with air. Release the air...starting in the lungs and moving slowly to the abdomen. Visualize the air leaving your body like a balloon losing air. Let the air out completely and wait a moment before trying again. With every breath, you should feel more relaxed!

Activity 2: Visualization

Think of a place where you feel at peace. Perhaps your favorite place is the beach or the mountains. Close your eyes and visualize yourself in that peaceful place. Try to clear your mind of everything else. Now create a story in your mind of that place and what might happen there. For example, you are spending the day there with your family and having a picnic. Be sure to focus on your breathing throughout the whole time you are there. After a couple of minutes, open your eyes but sit quietly.



Activity 3: Stretch It Out!

Side Neck Stretch:

- 1) Sit up straight in your chair and plant your feet firmly on the floor. Lift your chest to lengthen your back.
- 2) Facing forward, exhale and gently tilt your left ear toward your left shoulder. Keep your right shoulder down. (Don't crunch over at the side!!)
- 3) Now inhale and bring your head back to the starting position. Exhale and turn your head to look over your left shoulder, keeping the right shoulder in place.
- 4 Repeat exercise on the opposite side.

Shoulder Stretch:

- 1) To begin, sit up straight in a chair with your feet firmly planted on the floor. Lift your chest to lengthen your back.
- 2) Inhale and lift both shoulders as high as you can toward your ears.
- 3) Exhale and press both shoulders down as far as you can. Keep your back straight and your chest lifted.