

Relaxation Techniques

1. Guided Imagery
2. Progressive Muscle Relaxation
3. Deep Breathing
4. Motivational
5. Pain Relief
6. Fear Management

Feb 17-9:42 AM

Activity

*You will practice each of the 3 Relaxation Techniques.

*Find a place on the floor (or you can stay at your desk) where you are comfortable.

*If you decide you want to move, wait until the Relaxation Technique is over.

*Please do NOT TALK!!!!

*The lights will be off.

Oct 9-8:21 AM