## **81 Family Clinic**

## RELAXATION ROUTINE

1. SIT ON A CHAIR...



2. "SCRUNCH" UP YOUR FACE...



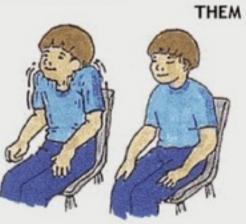


3. TENSE YOUR ARMS...



THEN...

4. TENSE UP YOUR SHOULDERS AND CHEST...



5. TENSE UP YOUR LEGS...

RELAX



...THEN RELAX!

6. BREATHE
IN
RELAXATION...



...BREATHE OUT TENSION