

[MUSIC PLAYING]

This section is progressive muscle relaxation. This segment helps release muscle tension and decrease anxiety. As you do the next set of exercises, breathe deeply and comfortably. If you find your mind wandering, gently bring it back to your breathing.

As you are in the same position, make a tight muscle with your toes, your feet, and ankles. Hold this. Let go of all the tension and relax the muscles. Feel the difference between a tense muscle and a relaxed muscle.

Now make a tight muscle in your lower legs. Hold it. Now let go of the muscle tension and relax. Feel the difference between a tense muscle and relaxed muscle.

As you are moving up your body, pay attention to your upper legs. Make a tight muscle. Hold it. Now let it go.

Now make a tight muscle from your toes to the end of your legs. Hold this for a moment. Now let go of the tension and relax. Feel your lower body be calm heavier and heavier as it lets go of the muscle tension. Continue breathing deeply and comfortably.

If you find your mind wandering, gently bring it back to your breathing. Next make a tight muscle in your belly and lower back. Hold this. Now let go of the tension.

Move the muscle tension to the chest and upper back and hold it. Now let go of the tension and relax. Feel the difference between a tense muscle and a relaxed muscle.

Make a tense muscle in your arms and your hands. Hold this position. Now let go of the tension.

Next, tighten your belly, chest, back, and arm muscles. Hold this. Now let go of the tension. Feel the difference between a tense muscle and a relaxed muscle.

Continue to breathe comfortably. Next, make a tight muscle in your neck and shoulders. Hold this. Now let go of the tension. Feel the difference between a tense muscle and a relaxed muscle.

Feel your upper body become heavier and heavier as it lets go of the muscle tension. Now make a tight muscle with your face and forehead. Hold this. Now let go of the tension. Feel the difference between a tense muscle and a relaxed muscle.

Now tighten all the muscles from your toes to your forehead. Hold this. Now let go of the tension. Feel your body

becoming heavier and heavier as it lets go of the tension. Continue breathing comfortably.

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