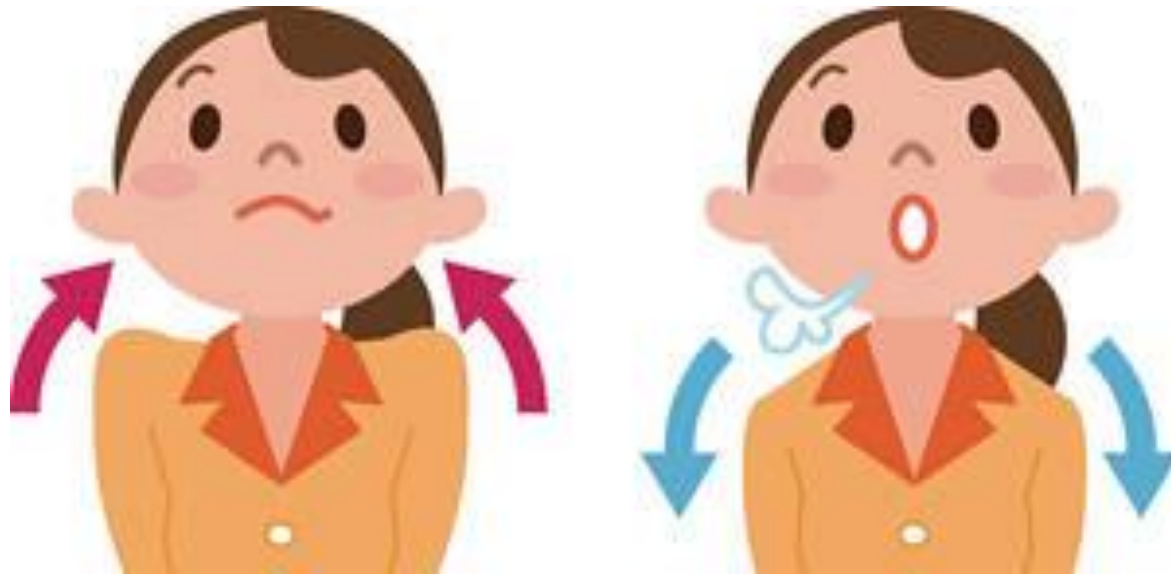


Dots and Squeezes

- Start with your thumb.
- 3 gentle presses (dots) on each finger.
- Finish with a squeeze on the palm.
- Repeat on other hand.
- Hold onto your wrists and squeeze.
- Squeeze just below the elbows.
- Finish with a squeeze on your shoulders.

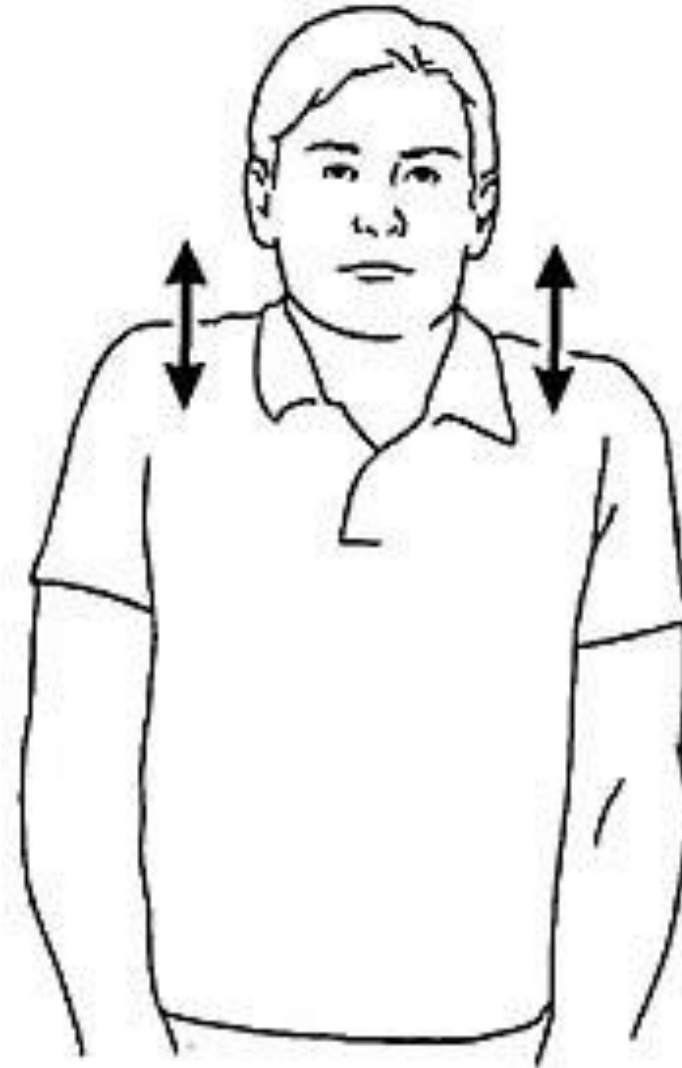
Deep Breathing

- Take a deep breath in your nose for a count of 4 seconds.
- Hold for 2 seconds
- Deeply exhale through your mouth for a count of 4 seconds.



Shoulder shrugs

- Take your shoulders up to your ears.
- Hold for 2 seconds
- Drop your shoulders and repeat.



Arm raises

- Stretch your arms high above your head.
- Hold for 2 seconds.
- Lower your arms slowly and repeat.
- This can be done standing or sitting.

