

10. Pull your shoulders forward with (repeat 3 times). then relax for 3 seconds your arm at your side. Increase

11. Hip / thigh / calves - press the 3 seconds (repeat 3 times). on for 5 seconds then relax for floor to increase tension hold



Toes – move them towards then relax for 3 seconds you. Hold on for 5 seconds (repeat 3 times).

HOW TO DO BREATHING EXERCISES

- Inhale slowly for 4-5 seconds (push out your stomach)
- Hold your breath for 4-5 seconds.
- Exhale slowly for 4-5 second. (push in your stomach)
- Repeat step 1 3 for 5 ties
- Carry out the above exercise at least 3 times a day.

RACTICE MAKES REMEMBER PERFECT.

REFERENCES

Reference:

- http://www.healthtoday.com (retrieved on Dec 10, 2008)
- 2. Assoc. Prof. Stephen Jambunathan (Dept. of Psy. Med.)

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BREATHING EXERCISES Any enquiries please contact:

By breathing the right way, you will be

able to relax well

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A Simple way for you to



WHAT IS RELAXATION ???

blood pressure and overall sympathetic over aroused. responses that occur when an individual is reduce bodily tension, anxiety, heart rate, Relaxation is a technique to help an individual

HOW TO DO RELAXATION EXCERCISE

"Progressive muscular relaxation"

Find a quiet and relaxing place chair (with back rest). Lie downor sit on comfortable

1.Clear your mind, focus on your breathing.



Eyes – increase tension 3 seconds. on your eyes muscles



3.Jaw - clench your teeth relax for 3 seconds (3x) for 5 seconds then

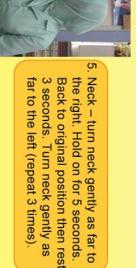
> seconds and rest for 3 seconds increase the tension, hold for 5 trying to cover ears. Slowly

(repeat 3 times).

4. Tongue- press tongue mouth for 5 seconds then against the roof of your (repeat 3 times) relax for 3 seconds



7. Arms - flex elbows slowly 3 seconds (repeat 3 times) slowly release. Rest for on for 5 seconds then increase tension. Hold





8. Hands - make a fist. Slowly

seconds then slowly release.

Rest for 3 seconds

(repeat 3 times).

6. Shoulders - lift shoulders up as if



Chest – breathe in deeply. Hold 3 seconds (repeat 3 times) for 5 seconds and then relax for

"Relaxation therapy produce a healthy body and reduce feeling uneasy" -

Health Today Sept 07