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## STRESS-BUSTER EXERCISE

By

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Take a Deep Breath- in from your nose, hold it for an instant

Release it slowly from your mouth, and

Close Your Eyes

Know that on the count of 3 all your body will relax...Now...

Press Thumb & Forefinger together to form a Circle (an OK sign)

And Count Slowly 1.....2.....3.....

Feel all your Body **RELAAX** on **3**

***In a Deep State of Relaxation***

Now Give yourself Positive Suggestions -- or Just Relax

When you wish to return –

Release Your Fingers & just Open Your Eyes

**Welcome Back!**



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