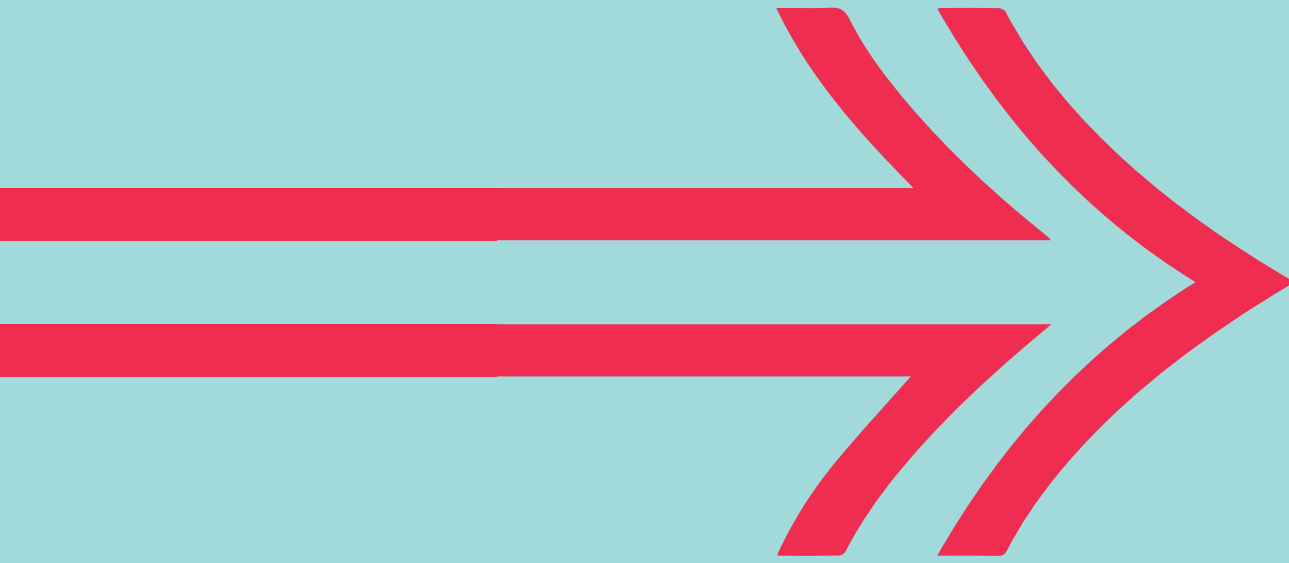


QA

**KEEP CALM
& RELAX**



RELAXATION TECHNIQUES

When a person is confronted with anxiety, their body undergoes several changes and enters a

state of fight or flight. This is a natural response to stress, but it can be harmful if it is activated too often or for too long. Unfortunately, these bodily responses do little to help a person feel relaxed.

Unfortunately, these bodily responses do little

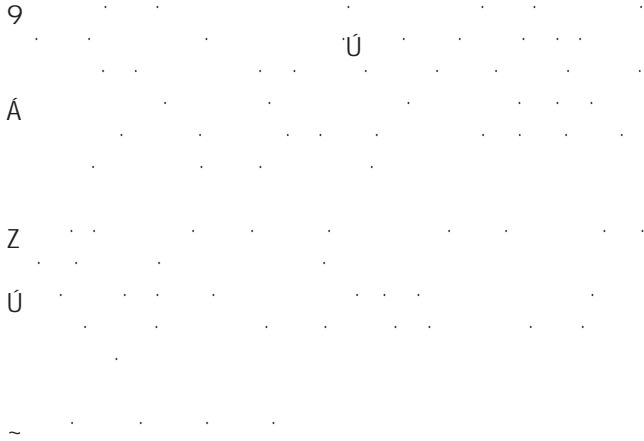
to help a person feel relaxed. However, there are several techniques that can help a person relax and reduce their anxiety. One of the most effective techniques is deep breathing.

Deep breathing

Deep breathing is a simple technique that can help a person relax and reduce their anxiety. It involves taking deep breaths in through the nose and exhaling through the mouth.

Deep breathing reverses that, and sends

Progressive music relaxation



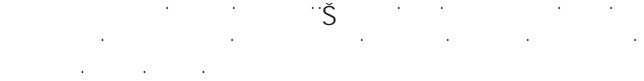
a. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.

b. Release the tension from your toes. Let them relax. Notice how your toes feel different after you release the tension.

c. Now tense the calf muscles. Hold for 5 seconds. Notice how the feeling of tension in your leg feels.

d. Release the tension and notice how the feeling of relaxation differs.

Follow this pattern of tensing and releasing





GET IN TOUCH

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