

Basic Steps for Deep Breathing

- 1. Relaxing word.**
- 2. Comfortable place.**
- 3. Breathe in through nose, breathe out through mouth.**
- 4. One hand on chest, the other on stomach.**
- 5. Breathe in – stomach rises**
- 6. Breathe out – stomach falls**

Basic Steps for Guided Imagery

- 1. Start with a short deep-breathing exercise.**
- 2. Sit or lie in a comfortable position.**
- 3. Think of a story about walking through a forest or anywhere that is relaxing.**
- 4. Pretend that you are really at this relaxing place and think about what you see, smell, hear, and feel.**

Basic Steps for Progressive Muscle Relaxation

- 1. Start with a short deep-breathing exercise.**
- 2. Sit up in a comfortable position with your feet flat on the floor and hands on top of your legs.**
- 3. Follow the instructions to tense each of the muscle groups for about 5 seconds.**

GROUP RULES

- 1. Be respectful** to everyone in the group.
- 2. Listen** when other people are talking.
- 3. Do not talk** to people outside of the group about what other people in the group say.