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### ***Relaxation Instructions***

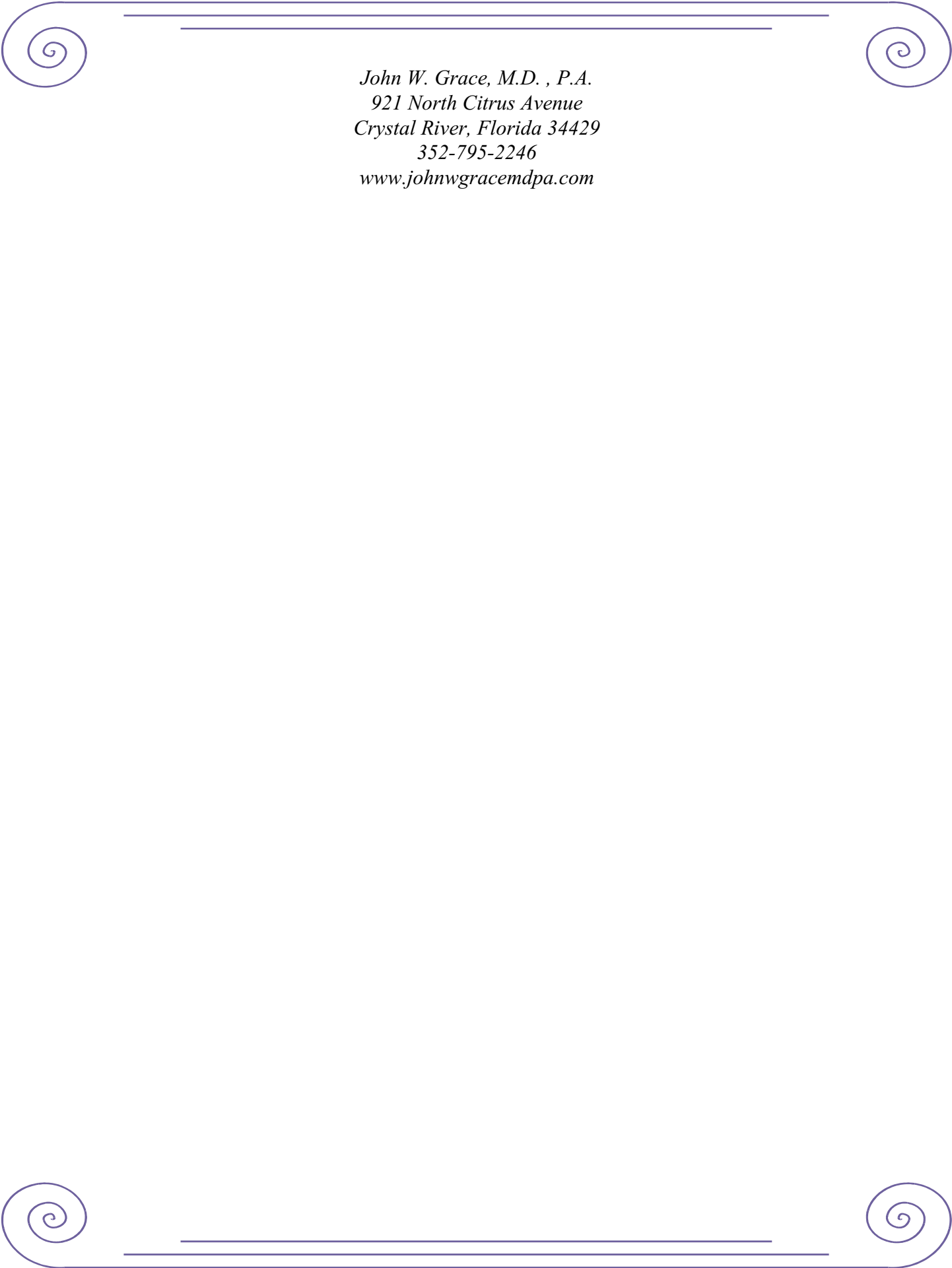
Relaxation is a skill that needs to be developed. In our experience it normally takes people a few months to become proficient at it. Practice it. Even if it seems you are not getting any better at it. You will.

Read through these instructions at least once a day.

1. Make a commitment to relaxation. Five minutes twice each day.
2. The goal is to take a calm time and try to feel calmer. Rather than trying to come down from an intensely anxious time. If you think of anxiety as a number 1-10 (10 being a panic attack) try to pick the time of day you are a 5 and come down to a 3. Rather than practicing relaxation in a panic attack. That's like training for a heavyweight fight in the first round of the fight. Try picking your calmest time and try to get calmer.
3. Try different techniques. Experiment. Work with you. Learn you. Everyone has different effective techniques. Learn yourself. Just make the commitment to practice.
4. Some suggestions.
  - A. Ten cleansing breaths. In through your nose out through your mouth. Try to get calmer with each breath.
  - B. Progressive Relaxation. Start at your toes and progressively move up imagining each muscle relaxing.
  - C. Visualization. Imagine yourself as a mummy that slowly gets unraveled and calmer and you unroll each wrapping or picture yourself in a calm place.
  - D. Tension-Relaxation. Tense each muscle slightly for a few seconds and then relax it.

Sincerely,

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