



## Relaxation Tips

Nothing relaxes the body and the mind better than deep breathing. Please practice the following technique and use it at least 2 or 3 times every hour and "as needed".

1. Inhale into your lower lungs (belly) for a count of 5 as you gently touch your thumb and index fingers together creating an "O" or the "OK" sign.
2. Hold this deep breathe for a count of 5.
3. Slowly exhale this breath for a count of 10 while releasing your thumb and index fingers (this action "releases" the effects of stress).
4. Repeat 2 or 3 times.

Drink plenty of water (64 oz. minimum) each and every day and limit your caffeine consumption to only about 2 cups per day.

When you catch yourself thinking negative thoughts or feel the effects of stress getting to you, take a couple of deep breaths, see 1-4 above, and change your thoughts. Think of the wonderful parts of your life, the great people and things you have. Create an "Attitude of Gratitude". Concentrate your thoughts on what you want, **NOT what you don't want.**