



# **PROGRESSIVE RELAXATION BREATHING**

Sit or lie down in a comfortable position.

Starting from your toes, tense the muscles for a few seconds.

Release the tension while taking a slow, deep breath in through your nose.

Move up to the next muscle group, tensing and releasing as you breathe in and out.

Make your way to the top of your head.

This exercise helps release physical tension, relaxes the body, and promotes a sense of calm.

