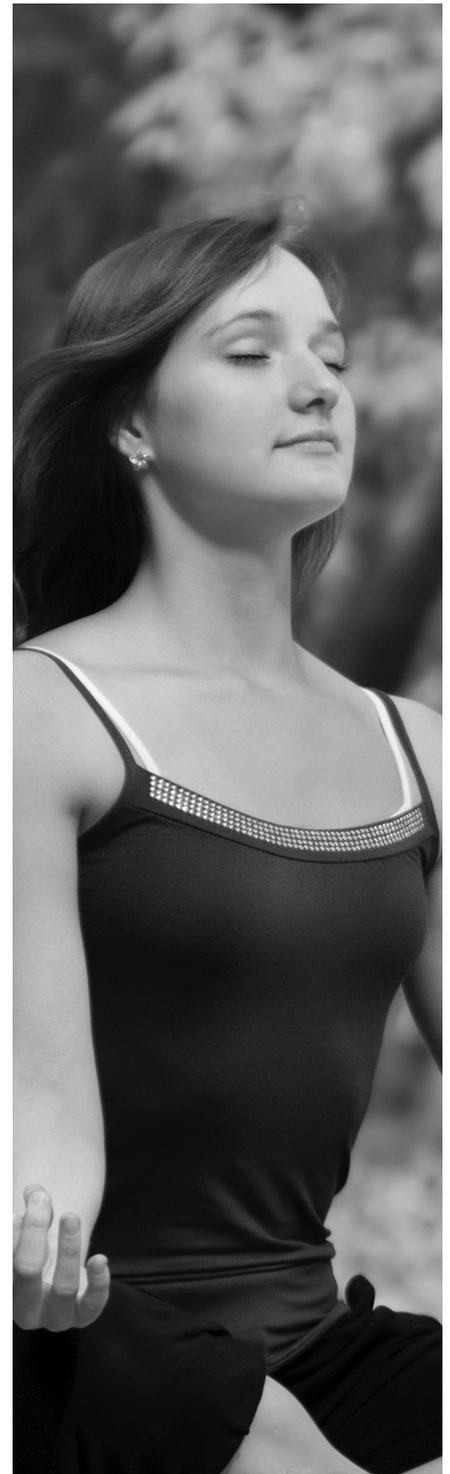


Week 5

Ready, set, breathe

Relaxing and centering yourself can do wonders. Try practicing this relaxation exercise once or twice daily:

1. Sit quietly in a comfortable position and close your eyes.
2. Focus on relaxing all of your muscles, beginning at your toes, moving to your lower body, then your upper body, up to your face and head. Keep them relaxed.
3. Breathe through your nose easily and naturally, focus on breathing in and out. As you breathe out, say the word “one” silently to yourself. Do this for 10 to 20 minutes, then sit quietly.
4. Let relaxation occur at its own pace. When you have a distracting thought, try to ignore it by not dwelling on it, and return to repeating “one.”
5. Open your eyes slowly when you feel ready to do so.



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