

Joint Health Command



Relaxation Tips

- ➔ Count slowly to ten. Breathe deeply in on the odd numbers and breathe out on the even numbers.
- ➔ Tighten your entire body from head to toes. Then, slowly relax the muscles in your body starting with the toes and working your way up to the neck and shoulder muscles.
- ➔ Do a few small circular muscle stretchers with your wrists, ankles, and neck.
- ➔ Close your eyes and imagine a place where you feel happy and relaxed. Keep that image in your mind when you are stressed.
- ➔ A moment of meditation and prayer goes a long way towards serenity.
- ➔ Find a comfortable position; slow your breathing; picture your favourite place; imagine your in that place; "be" in that place; come back slowly.
- ➔ Start with your feet and move up through the body; Tighten individual muscle groups for 5-8 sec; Release for 5 sec; Focus on the changes.