**Reference 4**

# Relaxation Exercise

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| **(I) Deep Breathing** | | | | | | |
| Step 1:  Sit on a chair and feel the back of the chair supporting you. |  | Step 2:  Inhale deeply to let your abdomen gradually expand and keep your whole body relaxed. |  | Step 3:  Exhale slowly to let your abdomen contract and resume to the original level. |  | Step 4:  Repeat the breathing exercise until your heart rate and breathing slow down and you feel calm. |
| **(II) Progressive Muscle Relaxation Exercise** | | | | | | |
| **Hands and Arms** |  |  |  |  |  |  |
| Step 1:  Clench your fists. |  | Step 2:  Bend your arms with your fists as close to your shoulders as possible. |  | Step 3:  Put your hands down slowly and relax. |  |  |
| **Head** |  |  |  |  |  |  |
| Step 1:  Tilt your head backwards as far as possible. |  | Step 2:  Resume the original head position slowly and relax. |  | Step 3:  Tilt your head down and move your chin as close to your chest as possible. |  | Step 4:  Resume the original head position slowly and relax. |
| **Mouth** |  |  |  |  |  |  |
| Step 1:  Clench your jaw as tight as possible. |  | Step 2:  Press your lips as tight as possible. |  | Step 3:  Stretch your chest as wide as possible. |  | Step 4:  Relax your jaw, lips and chest. |

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| **Shoulders** | |  | |  |  | |  | |  | |  | |
| **1st set of exercise**  Step 1:  Lift your shoulders up and make it as close to your ears as possible. | | | | | |  | | Step 2:  Lower your shoulders slowly and relax. | | | | |
| **2nd set of exercise**  Step 1:  Pull your shoulders back and stretch your chest. | | | | | |  | | Step 2:  Relax gradually. | |  | | |
| **Legs** |  | |  | | |  | |  | |  | |  |
| Step 1:  Stretch your legs and lift them up. |  | | Step2:  Point your toes. | | |  | | Step 3:  Flex your feet. | |  | | Step 4:  Relax gradually. |