**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. |