



Relaxation Techniques for Stress Re-LEAF

- 🍁 **Deep Breathing**
- 🍁 **Progressive Muscle Relaxation**
- 🍁 **Body Scan Meditation**
- 🍁 **Mindfulness Meditation**
- 🍁 **Rhythmic Movement & Mindfulness**
- 🍁 **Visualization**
- 🍁 **Yoga**
- 🍁 **Tai Chi**
- 🍁 **Self-Massage**

For more information on how to complete these techniques, visit:
<http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>