RELAXATION BREATHING
Proper breathing can be an antidote to stress. It cleanses and refreshes your body. This technique is portable and easy to do.

1. Begin by sitting or standing up straight.
2. Inhale through your nose, expanding your diaphragm. An indication that you are breathing properly is that your stomach will rise when you inhale.
3. Hold the breath briefly.
4. Slowly exhale through the mouth, allowing your stomach to fall.
5. As you exhale tell yourself "my body is relaxed and calm."

PROGRESSIVE MUSCLE RELAXATION (PMR)
PMR helps to condition your body to respond when muscles are tense. This technique can be practiced laying down or in a chair. Tense each muscle group holding it for a few moments and then let it relax. This will allow you to experience the muscle in a tense state and then a relaxed one. Here are some examples of how to tense muscle groups. This exercise is not limited to these muscle groups. Separately tense your muscles then relax them.

<table>
<thead>
<tr>
<th>Head</th>
<th>Thighs, Calves, Ankles and Feet</th>
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<tbody>
<tr>
<td>1. Wrinkle your forehead.</td>
<td>1. Tighten your thigh muscles, trying not to involve abdominal muscles.</td>
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<td>2. Squint your eyes tightly.</td>
<td>2. Tense the calf muscles.</td>
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<td>3. Open your mouth wide.</td>
<td>3. Point your toes out directly in front of you, feeling the tension in your ankles.</td>
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<td>4. Push your tongue against the roof of your open mouth.</td>
<td>4. Curl your toes under, as if to touch the bottom of your feet.</td>
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<tr>
<td>5. Clench your jaw tightly.</td>
<td>5. Bring your toes up as if to touch your knees.</td>
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VISUALIZATION
You can significantly reduce stress with your imagination. In creating your own special place you can make a retreat for relaxation. Here are a few guidelines:

- Allow a private entry into your place.
- Make it peaceful, comfortable and safe.
- Fill your place with sensuous detail.
- Allow room for an inner guide or other person to be with you comfortably.

MASSAGE
Massage can help you relax by increasing blood flow to tense areas (i.e. shoulders, back and neck). Increased blood flow relaxes muscles and removes build-up of waste products caused by tension.

MUSIC
Listen to some soothing, calm music. Often music can help us relax and retreat from the day.

EXERCISE
Physical activity can help relieve tension and refresh the body. Get a good 30-45 minute workout at least three days a week. While you are studying, take periodic breaks such as a brisk walk, to rejuvenate your body and make you more productive.
If you would like to consider **Personal Counseling** please contact:

- Annamaria Silveri, PhD  (313) 993-1459
- Rachel Bennett, LMSW  (313) 993-1170

If you would like to make an appointment with the **Health Clinic** please contact:

- Olga Parfenov, FNP-BC  (313) 993-1185

In case of **Emergency** contact:
- UDM Public Safety (313) 993-1123 or 911
- or
- Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202