

A decorative mandala pattern in white lines on a teal background, featuring intricate geometric and floral designs. The pattern is located on the left side of the image, partially overlapping the text.

# Calming Cards

# Progressive muscle relaxation

An anatomical diagram of a human torso, showing the skeletal structure, muscles, and internal organs. The diagram is rendered in a light, sketchy style, with various lines and shading to represent different parts of the body. It is positioned in the upper right corner of the slide, partially overlapping the text.

Close your eyes and focus on tensing and relaxing each muscle group for 2 to 3 seconds.

Start with your feet and toes, and then move up to your thighs, buttocks, abdomen, arms, hands, shoulders, neck, jaw, and eyes.

Maintain deep, slow breaths the entire time.