

# MELT AWAY YOUR WORRIES

**Did you know it feels good to relax your muscles?  
Try it!**

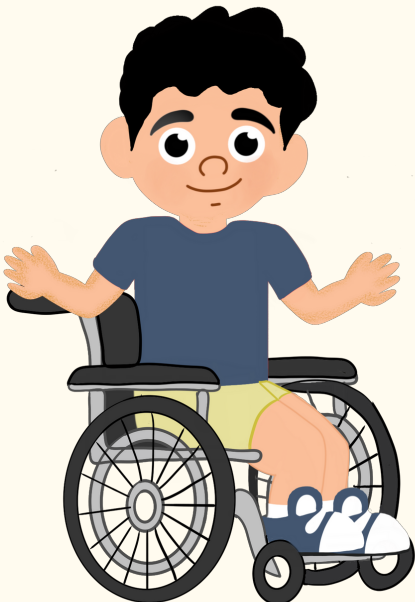
- 1.** SIT IN A COMFORTABLE POSITION



- 2.** PRETEND YOUR ARE 'FROZEN' BY TIGHTENING YOUR ARMS.



- 3.** RELAX YOUR ARM AND IMAGINE YOUR STRESS MELTS AWAY.



- 4.** CAN YOU TRY THIS WITH YOUR SHOULDERS? YOUR FINGERS?



**Have your bad feelings melted away?  
Try this whenever you want to relax!**