

LIFTING UP THE RESCUER'S SOUL



B & R EMERGENCY TRAINING AND RESPONSE CORP.
501(C)3 NON PROFIT ORGANIZATION

QUICK REFERENCE ON RELAXATION TECHNIQUES

Sometimes we need time apart in silence to purposely relax . Here are some simple relaxation techniques that might help during these stressful times.

If you or someone you know shows symptoms of major depression, suicidal thoughts, aggressiveness or is simply out of control, please call 911 and seek medical attention.


DEEP BREATHING



1 Sit comfortable with your back straight

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2 Place one hand on your Chest and the other hand on your abdomen

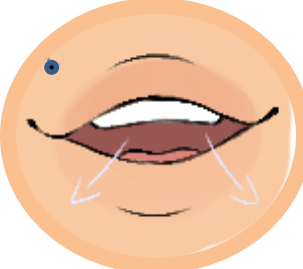


3 Breathe in through your nose

The hand on your abdomen should rise and the one on your chest should move very little

4 Exhale through your mouth, pushing out as much air as you can

Contract your abdominal muscles to exhale



STRETCHING

1

Take a few deep breaths



2

Lift the top of your shoulders towards your ears



Hold for 3 – 4 seconds

Then release

3



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Repeat **Shoulder Shrugs** 3 to 5 times



Hold for 5 – 10 seconds

4 Start by looking forward and then move the chin to the left, towards the shoulder. Go back to the center and then repeat the exercise on the right side.

Repeat **Chin Turns** 2 to 3 times

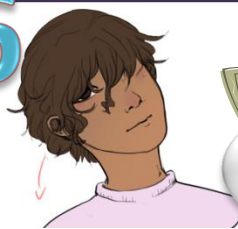
5



Position the head to the center

6 Tilt the head to the right side and try to touch shoulder with the ear

6



Hold for 5 – 10 seconds

7



Return to the center

8

Repeat step 6 while tilting the head to the left

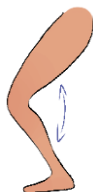
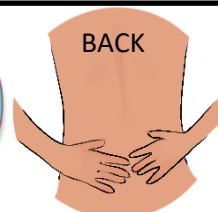


Hold for 5 – 10 seconds



Repeat **Head Tilts** 2 to 3 times

9



Hold for 10 seconds

Place the palms of your hands on the lower back and bend your knees while pushing your back towards your hands

Repeat **Back Stretch** 2 to 3 times

10



Hold for 10 seconds



Raise your right arm straight up and then bend it behind the head. Pull the right elbow towards the center with your left hand. Repeat on the left side

Repeat **Elbow Pull** 2 to 3 times

We hope that you have enjoyed these exercises and that they improve your emotional state. Please visit our website for more information about our disaster relief and training efforts @ [BRemerGENCY.org](https://www.brmergency.org)

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