

IT'S FUN AND EASY! PRACTICE AT HOME

Follow the steps below at least once a day for several weeks and feel the difference!

<p>1. Loosen your shoulders, stretch to relax your muscles.</p> 	<p>2. Breathe in as if you smell a flower.</p> 	<p>3. Hold your breath to the count of six.</p> 
<p>4. Exhale to the count of eight as though you're blowing out a candle.</p> 	<p>5. Repeat Steps #2 - #4 three times.</p> 	<p>6. Loosen up your vocal cord by repeating:</p> <p>HA HA! HO HO! HEE HEE!</p> <p>Repeat several times then breathe deeply before moving on to next exercise.</p>



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<p>7. Then complete two or three of the exercises A – E.</p> <p>Or you may choose to practice one of the following exercises any time during the day when you feel that you need to de-stress.</p>	<p>7A. Pretend there are “ants in your pants” and laugh for one minute. Finish by breathing deeply three times.</p> 	<p>7B. Credit Card Laughter: You just received a credit card bill for \$10,000 and they want payment in full today. (Might just be a great time to laugh!)</p> 
<p>7C. Jackpot Laughter: You just bought the winning ticket for the \$10 million jackpot! Laugh.</p>	<p>7D. Household Chores Laughter: Pretend to do any household chores while laughing. (If you don't want to pretend, come to my house and actually complete the chores.)</p>	<p>7E. Create your own scenario and just add laughter.</p> 
<p>8. End with Meditation: Either sit in a chair or sit or lie on the floor. Close your eyes. Breathe in and breathe out deeply and slowly. Feel your breathing move slowly from the sole of your feet as it travels to your toes, ankles, legs, knees, thighs, waist, belly, chest, arms, fingers, shoulders, neck, forehead, to the top of your head. (You may remain in this position of rest until you are ready to release the meditation.)</p>		