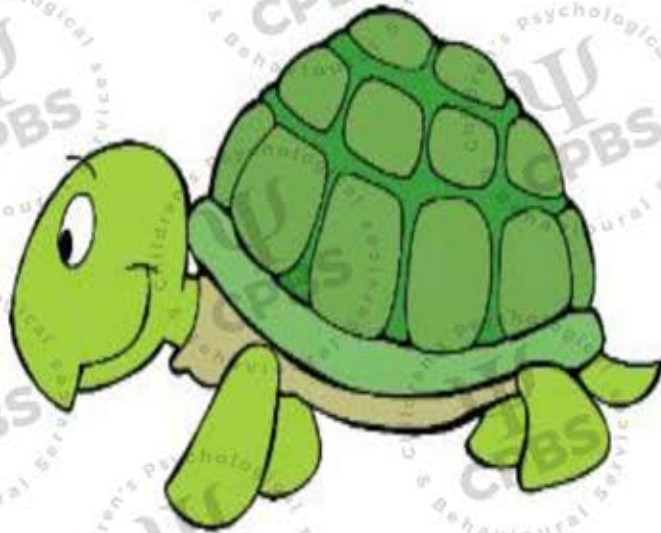


# Turtle Tuck & Relax



It is important to practice progressive muscle relaxation (PMR) when feeling calm so it is easier to use these techniques when needed! Remember to rate your feelings after trying these “tools”, and if you still feel stressed, attempt the same technique again or try a different coping strategy!



Now pretend you are a turtle... You're sitting out on a rock by a nice peaceful pond, just relaxing in the warm sun... It feels nice and warm and safe here... Uh-oh!... You sense danger!... Pull your head into your house... Try to pull your shoulders up to your ears and push your head down into your shoulders... Hold in

tight... The danger is past now... You can come out into the warm sunshine and once again you can relax and feel the warm sunshine... Watch out now!... More danger... Hurry... Pull your head back into your house and hold it tight... You have to be closed in tight to protect yourself... Okay, you can relax now... Bring your head out and let your shoulders relax... Notice how much better it feels to be relaxed than to be all tight... One more time now... Danger! ... Pull your head in... Push your shoulders way up to your ears and hold tight... Don't let even a tiny piece of your head show outside your shell... Hold it... Feel the tenseness in your neck and shoulders... Okay, you can come out now... It's safe again... Relax and feel comfortable in your safety... There's no more danger... Nothing to worry about... You feel good.