Sleep well

Are you spending more time trying to fall asleep rather than actually sleeping? You're not alone

PostScript 360

Overcoming prescription drug dependence

1.

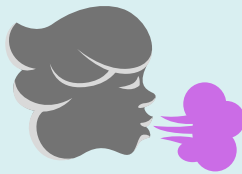Relax your entire face, including the muscles inside your mouth.

2.

Drop your shoulders to release the tension and let your hands drop to the side of your body.

Let it go

3.

Exhale, relaxing your chest.

4.

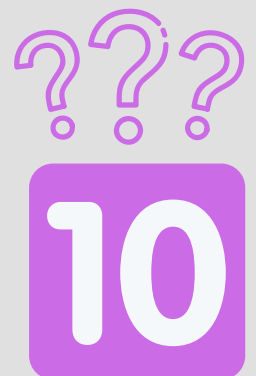Relax your legs, thighs, and calves.

Relax

5.

Clear your mind for 10 seconds by imagining a relaxing scene.

6.

If this doesn't work, try saying the words "don't think" over and over for 10 seconds.

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10

7.

Hopefully its worked ! If not try one more time.

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