EXERCISES: Perform each for 2 minutes

1. **BELLY BREATHING**
   Inhale through nose and belly at 5 second tempo.

2. **ALTERNATE NOSTRIL BREATH**
   Alternate covering one nostril as you inhale and exhale.

3. **MASSAGE**
   Press sore spots on jaws, cheeks and temples for 15 seconds each.

4. **PROGRESSIVE RELAXATION**
   Squeeze hands, arms, feet, legs, and face for 5 seconds each and relax.

5. **VISUALIZATION**
   Picture a peaceful place with all five senses.

For your 21-Day Challenge, write the number of each exercise perform for the given day.